

# Orange Maple Glazed Salmon

## Ingredients:

- 1 pound wild salmon, sliced into 4-5 fillets
- 1/2 teaspoon garlic powder
- 3/4 teaspoon smoked paprika
- 1/4 teaspoon sea salt
- Pinch black pepper
- 1 tablespoon pure maple syrup
- 1/2 orange, juices and zested (~2 tablespoons)
- 3 tablespoons pecans, crushed

## Directions

1. Place oven on broil.
2. In bowl combine garlic powder, smoked paprika, salt and pepper.
3. Pat salmon dry with paper towel and sprinkle spice mix evenly over each fillet.
4. Place salmon on foil-lined baking sheet (skin down) and broil for 5 minutes.
5. Combine maple syrup and orange juice in small bowl.
6. After salmon broils for 5 minutes, brush maple orange juice over each fillet and top with crushed pecans. Return to oven for another 3 minutes.
7. Top with fresh orange zest and serve.

## Nutrition Facts

servings per container

**Serving size** (133g)

Amount per serving

**Calories** **230**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 70mg **3%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

**Protein** 26g

Vitamin D 0mcg **0%**

Calcium 21mg **2%**

Iron 1mg **6%**

Potassium 465mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

