

Maple Salmon



Rated: ★★★★☆

Submitted By: STARFLOWER

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ready In: 1 Hour

Servings: 4

"Salmon is baked with a delicate maple glaze."

INGREDIENTS:

1/4 cup maple syrup	1/4 teaspoon garlic salt
2 tablespoons soy sauce	1/8 teaspoon ground black pepper
1 clove garlic, minced	1 pound salmon

DIRECTIONS:

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees F (200 degrees C).
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Nutrition Information

Servings Per Recipe: 4
Calories: 265

Amount Per Serving
Total Fat: 12.4g
Cholesterol: 67mg
Sodium: 633mg

Amount Per Serving
Total Carbs: 14.1g
Dietary Fiber: 0.1g
Protein: 23.2g

