

Brown Sugar Salmon

submitted by kunocorp



Per serving: 303 Calories • 14.4g Carbs (0.4g Fiber) • 11.3g Fat • 34.1g Protein

Ingredients

Ingredients scaled to: 4 serving

1/4 cup packed **Brown sugar** (55 grams)

2 tbsp **Dijon mustard** (30 grams)

1 tsp **Salt** (6 grams)

1 tsp **Pepper** (2.1 grams)

24 oz **Atlantic salmon** (680 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source; prepare the rack of a broiler pan with cooking spray.
2. Season the salmon with salt and pepper and arrange onto the prepared broiler pan. Whisk together the brown sugar and Dijon mustard in a small bowl; spoon mixture evenly onto top of salmon fillets.
3. Cook under the preheated broiler until the fish flakes easily with a fork, 7 to 10 minutes. Each serving is a 6 oz fillet (170 grams before cooking).