



Sweet Orange Salmon

Eight ingredients combine in a spice rub that would also be good on pork tenderloin medallions. Serve with orange wedges.

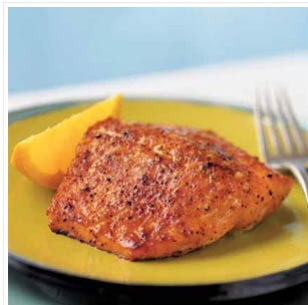


Photo by: Randy Mayor

YIELD: 4 servings (serving size: 1 fillet)

COURSE: Main Dishes

Ingredients

2 tablespoons brown sugar
1 teaspoon chili powder
1/2 teaspoon grated orange rind
1/2 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon ground coriander
1/8 teaspoon black pepper
4 (6-ounce) salmon fillets
Cooking spray

Preparation

Preheat broiler.

Combine first 8 ingredients in a small bowl. Rub spice mixture over both sides of salmon fillets. Place salmon on a broiler pan coated with cooking spray. Broil for 8 minutes or until salmon flakes easily when tested with a fork.

Nutritional Information

Amount per serving
Calories: 303
Calories from fat: 39%
Fat: 13.3g
Saturated fat: 3.1g
Monounsaturated fat: 5.7g

Polyunsaturated fat: 3.2g
Protein: 36.2g
Carbohydrate: 7.5g
Fiber: 0.5g
Cholesterol: 87mg
Iron: 1mg
Sodium: 235mg
Calcium: 33mg

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