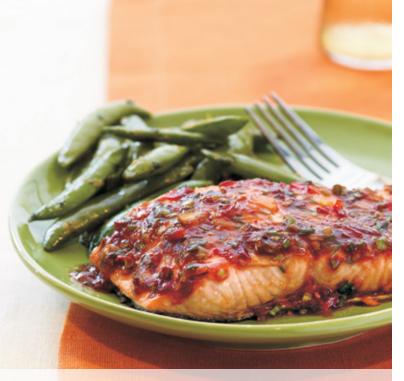
# NUTRITIONAL INFO



© Photo: Johnny Miller; Styling: Heather Chontos

## Log It

### **CLICK TO LOG THIS RECIPE**

CALORIES	282
Fat	11~
Saturated fat	<b>2</b> g
Monounsaturated fat	
Polyunsaturated fat	<b>4</b> g
Protein	34g
Carbohydrate	10g
Fiber	0g
Sugars	8g
Cholesterol	
Iron	00/
Sodium	315mg
Calcium	2%
Potassium	0.47
Vitamin A	5%
Vitamin C	3%

### WHILE BROILER PREHEATS. make glaze for the salmon.

### SIMPLE SUB-IN

Don't have orange marmalade? You can use apricot preserves and mix in orange zest.

# **CHILI-GARLIC** GLAZED SALMON

The sweet, salty, and spicy flavors of this colorful glaze permeate the salmon as it cooks, creating a succulent dish that tantalizes the taste buds.



4 SERVINGS



( 1 FILLET



### **INGREDIENTS**

- 3 tablespoons chili sauce with garlic (such as Hokan; certified gluten-free if necessary)
- 3 tablespoons minced green onions (about 3 green onions)
- 1 1/2 tablespoons low-sugar orange marmalade
- 3/4 teaspoon low-sodium soy sauce (certified gluten-free if necessary)
- 4 (6-ounce) salmon fillets
- Cooking spray

### **INSTRUCTIONS**

- 1. Preheat broiler.
- 2. Combine first 4 ingredients in a small bowl; brush half of chili sauce mixture over fillets. Place fillets, skin sides down, on a baking sheet coated with cooking spray. Broil fish 5 minutes; brush with remaining chili sauce mixture. Broil 2 more minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

