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Spiced Salmon with Mustard Sauce Recipe

Created by



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Spiced Salmon with Mustard Sauce

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A basic honey mustard adds the unexpected ginger and pepper notes of turmeric to make this dish different. Broiling leaves the salmon moist and tender and caramelizes the sauce slightly for additional flavor. Any kind of greens makes a great side—try kale cooked with hoisin sauce; chard sautéed with garlic, lemon juice, and pepper; or a spinach salad with red onions and vinaigrette.



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- Ingredients
- 2 tsp [Whole Grain Mustard, Dijon](#)
 - 1 tsp [Honey](#)
 - 1/4 tsp [Spices, Ground Turmeric](#)
 - 1/4 tsp [Organic Ground Cayenne Red Pepper](#)
 - 1/8 tsp [Garlic Powder](#)
 - 1/4 tsp [Salt](#)
 - 4 [Salmon Fillets](#)
 - 1/8 tsp [Cooking Spray](#)

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Directions

Preparation

Preheat broiler.

Combine first 6 ingredients in a small bowl, stirring well with a fork. Rub mustard mixture evenly over each fillet. Place fillets, skin side down, on a jelly-roll pan coated with cooking spray. Broil 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Butter-sautéed spinach seasoned simply with garlic, salt, and pepper makes



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Nutrition Facts	
Serving Size: 1/4 fillet	
Amount per Serving	
Calories 150	Calories from Fat 41.7
	% Daily Value *
Total Fat 4.63g	7%
Saturated Fat 1g	5%
Cholesterol 85mg	28%
Sodium 319.4mg	13%
Total Carbohydrate 2.23g	0%
Dietary Fiber 0.13g	0%
Sugars 1.35g	
Protein 23.01g	46%
Est. Percent of Calories from:	
Fat	27%
Carbs	5%
Protein	61%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	

Categories
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