

MAPLE ORANGE SALMON

Maple Orange Salmon

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving = 1 salmon fillet)

Nutrition (per serving)

Calories: 145	Total Carbohydrate: 4
Total Fat: 4 g	Dietary Fiber: 0 g
Saturated Fat: 1 g	Total Sugars: 1 g
Sodium: 136 mg	

Ingredients

- ¼ cup light orange juice
- ¼ cup sugar-free maple syrup
- 1 teaspoon Dijon mustard
- 4 - 4 ounce salmon fillets
- Optional salt and pepper to taste

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a medium sized bowl, whisk together orange juice, syrup, and Dijon mustard. Set aside.
3. Cover a baking sheet with aluminum foil. Spray foil with non-stick cooking spray.
4. Place salmon on prepared baking sheet. Season with salt and pepper if desired.
5. Brush sauce mixture over each salmon fillet.
6. Bake for 12-15 minutes or until salmon is flakey.