

Salmon Glazed with Honey and Mustard



Ingredients

1 1/2 lbs salmon fillet with skin 1/4 tsp pepper
1 clove garlic
1 tsp salt
3 Tbsp Dijon mustard
1 Tbsp honey
1/2 tsp cider vinegar
1/2 tsp caraway seeds, crushed

Instructions

Instructions: Preheat broiler. Pat salmon dry and put skin side down on a wire rack. Season with 1/2 teaspoon salt. Mince and mash garlic to a paste with a pinch of salt, then add mustard, honey, vinegar, caraway seeds, and 1/4 teaspoon pepper. Spread mustard mixture evenly on top of salmon. Broil six inches from heat until just cooked through, 12 to 15 minutes.

Nutrition Information Per Serving

Serves 4
Calories: 384
Fat: 5 gm
Sodium: 370 mg
Sugars: 4 gm
Carbohydrates: 7 gm
Protein: 35 gm
Cholesterol: 94 mg