

**MAPLE SALMON** 4 portions**INGREDIENTS**

- 1/4 cup organic maple syrup
- 2 tbsps of soy sauce or tamrai
- 1 clove of garlic, minced
- 1/4 tsp of garlic salt
- 1/8 tsp ground black pepper
- 1 pound salmon

COOKING METHOD

1° In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once. Preheat oven to 400 degrees F [200 degrees C]. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (143 g)	% DRI
ENERGY	153 kcal	219 kcal	11 %
FAT	5 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
CHOLESTEROL	44 mg	62 mg	21 %
SODIUM	388 mg	555 mg	23 %
CARBOHYDRATE	10 g	14 g	5 %
SUGARS	8 g	12 g	—
FIBER	0 g	0 g	0 %
PROTEIN	16 g	24 g	—