

Grilled Salmon with Maple Syrup Glaze

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/maple-syrup-recipe-india>

Ingredients:

- 4 salmon filets thawed if frozen, 6 oz. size
- 2 teaspoons maple syrup
- olive oil spray for grill
- salt to taste
- 2 teaspoons sweet paprika or smoked paprika, don't use hot paprika
- 1 teaspoon chile powder
- 1 teaspoon ancho chile powder optional, or use another tsp. regular chile powder
- 1/2 teaspoon ground cumin
- 1 teaspoon brown sugar

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 60 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams

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