

# Baked Salmon in Foil

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-salmon-recipe>

## Ingredients:

- 1 pound salmon
- chopped parsley for garnish, optional
- 4 garlic cloves minced
- 1 tablespoon Dijon mustard
- 1 tablespoon unsalted butter melted
- 2 tablespoons raw honey
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon basil
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon black pepper
- salt to taste

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 65 milligrams
4. Fat: 7 grams
5. Protein: 23 grams
6. SaturatedFat: 3 grams
7. Sodium: 270 milligrams
8. Sugar: 9 grams

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