

Orange Chili Salmon

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Servings: 4

1/2 cup orange juice
4 six-ounce Alaskan salmon fillets
2 teaspoons orange rind, grated
3 tablespoons brown sugar
1/2 teaspoon coarse salt
1 tablespoon chili powder

Place the juice in a zip-top plastic bag. Add the salmon and marinate for 30 minutes.

Preheat the oven to 350 degrees.

Combine the orange rind, brown sugar, salt and chili powder. Pat onto the salmon. Place the fillets, skin side down, in a baking dish.

Bake for 15 minutes or until the fish flakes with a fork.

Per Serving (excluding unknown items): 45 Calories; trace Fat (6.9% calories from fat); trace Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 257mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	45	Vitamin B6 (mg):	trace
% Calories from Fat:	6.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	19mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0%
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	257mg	Vegetable:	0

Potassium (mg): 121mg
Calcium (mg): 16mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 17mg
Vitamin A (i.u.): 717IU
Vitamin A (r.e.): 81RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 45 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	257mg	11%
Total Carbohydrates	11g	4%
Dietary Fiber	1g	3%
Protein	trace	

Vitamin A	14%
Vitamin C	28%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.