

# MAPLE ORANGE SALMON

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 4 (Serving = 1 salmon fillet)*

## Nutrition (per serving)

Calories: 145

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 136 mg

Total Carbohydrate: 4 g

Dietary Fiber: 0 g

Total Sugars: 1 g

## Ingredients

- ¼ cup light orange juice
- ¼ cup sugar-free maple syrup
- 1 teaspoon Dijon mustard
- 4 - 4 ounce salmon fillets
- Optional salt and pepper to taste



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## Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a medium sized bowl, whisk together orange juice, syrup, and Dijon mustard. Set aside.
3. Cover a baking sheet with aluminum foil. Spray foil with non-stick cooking spray.
4. Place salmon on prepared baking sheet. Season with salt and pepper if desired.
5. Brush sauce mixture over each salmon fillet.
6. Bake for 12-15 minutes or until salmon is flakey.