

Bourbon-Glazed Salmon

Servings: 8

Serving Size: 1 6oz fillet

Ingredients

1 cup packed brown sugar

6 tablespoons bourbon

¼ cup low-sodium soy sauce

2 tablespoons lime juice

2 teaspoons grated ginger (can be dried)

2 garlic cloves, crushed

8 6-oz salmon fillets, about 1-inch thick

Instructions

Combine brown sugar, bourbon, soy sauce, lime juice, ginger and garlic and stir until brown sugar dissolves.

Pour marinade with salmon in re-sealable bag or shallow dish, cover and let marinate for 30 minutes.

Place filets on baking sheet and bake in oven (can broil as well) for 11 minutes or until salmon is done. Serve warm.

Nutrition

Calories	465 kcal
Fat	6.75 g
Saturated fat	1.1 g
Trans fat	0 g
Cholesterol	97 mg
Sodium	400 mg
Carbohydrate	67 g
Protein	38 g