



# Sheet Pan Maple Mustard Glazed Salmon

Prep Time 10 mins  
 Total Time 10 mins  
 Meal Type Lunch, Dinner  
 Contributed By *Seasonal Cravings*  
 Source Adapted from [Seasonal Cravings](#)  
 Servings 4



## Ingredients

lb,c g,ml

- 1 1/2 lb salmon fillets
- 2 Tbs apple cider vinegar
- 2 Tbs maple syrup
- 1 tsp coarse-grained mustard
- 1 cup zucchini, *chopped*
- 1 cup red bell pepper, *chopped*
- 1/2 cup onion, *chopped*

## Directions

### Prep

1. Preheat oven to 400°F.
2. Chop zucchini, bell pepper, and onion.

### Make

1. Whisk together vinegar, maple syrup, and mustard.
2. Place salmon on a sheet pan, skin side down. Brush generously with sauce.
3. Place cut vegetables in a bowl and drizzle with olive oil, salt, and pepper and toss well with your hands.
4. Place vegetables around the salmon.
5. Cook until salmon is cooked through for about 15–20 minutes. Brush with remaining sauce halfway through.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> 412 per serving		<b>Total Fat</b> 23.1g	35%	<b>Total Carbohydrates</b> 13g	4%
		Saturated Fat 5.2g	26%	Dietary Fiber 1g	4%
		Trans Fat 0.0g		Total Sugars 8g	
		<b>Cholesterol</b> 94mg	31%	<b>Protein</b> 36g	
		<b>Sodium</b> 140mg	6%		
Vitamin D 19mcg 187% · Calcium 42mg 4% · Iron 1mg 5% · Potassium 874mg 18%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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