

Recipe Analyzer Results

A single serving of this recipe has 279 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 279

% Daily Value*

Total Fat 13.4g 17%

Saturated Fat 1.8g 9%

Cholesterol 78mg 26%

Sodium 229mg 10%

Total Carbohydrate 5.9g 2%

Dietary Fiber 0.4g 2%

Total Sugars 4.7g

Protein 35g

Vitamin D 0mcg 0%

Calcium 73mg 6%

Iron 2mg 9%

Ingredients:

- 15 ml (1 tbsp) sodium reduced soy sauce
- 10 ml (2 tsp) canola oil
- 10 ml (2 tsp) liquid honey
- 10 ml (2 tsp) packed brown sugar
- 5 ml (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 2 ml (1/2 tsp) fresh ground pepper, divided
- 4 salmon fillets, about 150 g/5 oz each
- 1 bunch fresh asparagus, trimmed
- 1 Half a fresh lemon

Potassium 717mg

15%

Nutrition Facts

Servings: 4

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

Recipe analyzed by **verywell**