

Balsamic-Glazed Salmon with Reduced Maple Syrup

Omega-3 rich salmon with a carefully balanced glaze that minimizes blood sugar impact while delivering bold, caramelized flavor in under 30 minutes.

Prep: 8 min

Cook: 22 min

Total: 30 min

Servings: 6

GL 6.9 / GI 38

Ingredients

High GI ingredient - use sparingly, balanced with acid maple syrup

garlic clove, minced

Acidity helps slow glucose absorption balsamic vinegar

High in omega-3 fatty acids and protein salmon fillets, skin-on

kosher salt

fresh cracked black pepper

fresh mint or parsley for garnish

Instructions

Step 1

Position oven rack in the center and preheat to 450°F (232°C). Line a rimmed baking sheet with parchment paper or lightly coat with cooking spray to prevent sticking.

Step 2

Combine 4 teaspoons maple syrup, minced garlic, and balsamic vinegar in a small saucepan. Warm over low heat for 2-3 minutes, stirring occasionally, until the mixture is hot and fragrant but not boiling. This gentle heating melds the flavors while the vinegar's acidity helps moderate the glycemic impact of the maple syrup. Remove from heat immediately.

Step 3

Pour half of the warm glaze into a separate small bowl for basting during cooking. Reserve the remaining half in the saucepan, keeping it covered to maintain temperature for serving.

Step 4

Pat salmon fillets completely dry with paper towels to ensure proper browning. Arrange skin-side down on the prepared baking sheet, spacing them evenly. Brush the tops generously with the basting glaze using a pastry brush, ensuring even coverage.

Step 5

Roast salmon for 10 minutes, then remove from oven and baste again with the glaze from the bowl using a clean brush. Return to oven and continue roasting for 5 more minutes.

Step 6

Check salmon for doneness by gently pressing the thickest part with a fork - it should flake easily and reach an internal temperature of 145°F (63°C). If needed, baste once more and roast an additional 3-5 minutes until just cooked through. Total cooking time will be 18-22 minutes depending on fillet thickness. Avoid overcooking to maintain moisture and omega-3 content.

Step 7

Transfer salmon fillets to individual serving plates using a wide spatula. Season lightly with kosher salt and freshly cracked black pepper. Drizzle each fillet with approximately 1 teaspoon of the reserved warm glaze from the saucepan, garnish with fresh mint or parsley leaves, and serve immediately alongside non-starchy vegetables like roasted broccoli, asparagus, or a large mixed green salad.