

Honey Glazed Air Fryer Salmon

Sweet, crispy, and oh-so-tasty!



INGREDIENTS

(Serves 2)

8 oz. wild-caught salmon filets

(skin removed)

1 tsp soy sauce

1/2 tbsp honey

salt & pepper to taste

DIRECTIONS

1. Preheat air fryer to 375F
2. Season salmon with salt and pepper
3. Brush soy sauce liberally onto both fillets
4. Place in air fryer and cook fillets for 8-10 minutes
5. Remove from air fryer and brush honey onto both filets
6. Put back in air fryer for 2-3 minutes, depending how well done you want them

Nutrition Facts	
2 servings per container	
Serving size	4 oz (113g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.7g	9%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 530mg	23%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % 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.	