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## Singapore Salmon ♦

Singapore Salmon is a delicious and flavorful dish that combines Asian and Western flavors. The salmon is marinated in a tangy and spicy sauce, then grilled to perfection. It is commonly served with rice or noodles and a side of vegetables.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	salmon fillets
<b>3 tbsp</b>	soy sauce
<b>2 tbsp</b>	hoisin sauce
<b>2 tsp</b>	sesame oil
<b>2 cloves</b>	garlic

<b>1 tsp</b>	Ginger
<b>1 tsp</b>	red chili flakes
<b>2 tbsp</b>	Lime juice
<b>1 tbsp</b>	brown sugar
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper

## Directions

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### Step 1

#### Mixing

In a bowl, mix together soy sauce, hoisin sauce, sesame oil, minced garlic, grated ginger, red chili flakes, lime juice, brown sugar, salt, and black pepper to make the marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Resting

Place the salmon fillets in a shallow dish and pour the marinade over them. Make sure the fillets are well coated. Marinate for at least 30 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Preheating

Preheat the grill to medium-high heat. Remove the salmon fillets from the marinade and discard the excess marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Grilling

Grill the salmon fillets for about 4-5 minutes per side, or until cooked through and slightly charred.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 5

#### Serving

Serve the Singapore Salmon with rice or noodles and a side of vegetables. Enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 30 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	75 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	6 mcg	40%	40%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner

### Difficulty Level

Easy

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