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Maple Glazed Salmon ♦

Maple Glazed Salmon is a delicious and healthy dish that combines the rich flavors of maple syrup with the savory taste of salmon. It is a popular dish that can be enjoyed for any meal of the day. The salmon is marinated in a sweet and tangy maple glaze, then grilled or baked to perfection. The result is a tender and flavorful salmon fillet that is sure to impress.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	salmon fillets
4 tbsp	maple syrup
2 tbsp	soy sauce
2 cloves	garlic

1 tsp	Ginger
1 tsp	Salt
1 tsp	Black pepper
2 stalks	Green Onions

Directions

Step 1

Mixing

In a small bowl, whisk together the maple syrup, soy sauce, minced garlic, grated ginger, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Resting

Place the salmon fillets in a shallow dish and pour the maple glaze over them. Marinate for at least 15 minutes.

Prep Time: 15 mins

Cook Time: 0 mins

Step 3

Grilling, baking

Preheat the grill or oven to medium-high heat. Grill or bake the salmon for 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Serving

Garnish with sliced green onions and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

French

Thai

Mediterranean

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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