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Salmon Teriyaki with Carrots and Onions

Salmon Teriyaki is a popular Japanese dish that features grilled or broiled salmon glazed with a sweet and savory teriyaki sauce. It is often served with steamed rice and vegetables. This recipe adds carrots and onions to the dish for added flavor and texture.

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
200 g	Carrots
100 g	Onions
4 tbsp	teriyaki sauce

2 tbsp	vegetable oil	
1 tsp	Salt	
0.5 tsp	Black pepper	

Directions

Step 1

Preheating

Preheat the grill or broiler.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the salmon fillets with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3



Grill or broil the salmon fillets for 4-6 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 4



While the salmon is cooking, heat vegetable oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Sautéing

Add carrots and onions to the pan and sauté for 5-7 minutes, or until tender.

Prep Time: 0 mins

Cook Time: 7 mins

Step 6

Brushing

Remove the salmon from the grill or broiler and brush with teriyaki sauce.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Serving

Serve the salmon with the sautéed carrots and onions.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	% Daily Value Intake (Males)		% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
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	10 g	N/A	N/A	
Saturated Fat	3 g	13.64%	17.65%	
Fat	15 g	53.57%	60%	
Cholesterol	80 mg	N/A	N/A	

Vitamins

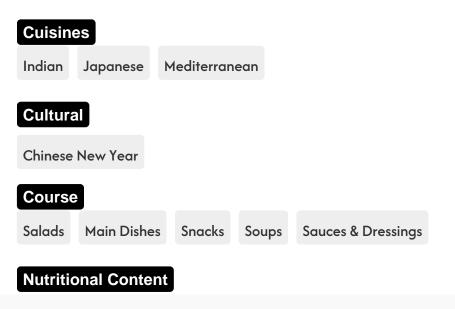
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Vitamin A	400 iu	44.44%	57.14%	
Vitamin C	10 mg	11.11%	13.33%	
Vitamin B6	1 mg	76.92%	76.92%	
Vitamin B12	2 mcg	83.33%	83.33%	
Vitamin E	2 mg	13.33%	13.33%	

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Vitamin D	0 mcg	0%	0%	

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)	
Sodium	800 mg	34.78%	34.78%	
Calcium	50 mg	5%	5%	
Iron	2 mg	25%	11.11%	
Potassium	700 mg	20.59%	26.92%	
Zinc	2 mg	18.18%	25%	
Selenium	30 mcg	54.55%	54.55%	

Recipe Attributes



Low Calorie	High Protein	Low Fat	Low Carb	Low Sodium	High Iron	
High Calcium						
Kitchen Too	ols					
Blender Ov	en Grill Sl	ow Cooker				
Meal Type						
Lunch Dinn	er Snack					
Difficulty Le	evel					
Easy						

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