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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

Grilling

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

Heating

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 | Value | % Daily 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

Cuisines

Indian Japanese Mediterranean

Cultural

Chinese New Year

Course

Salads Main Dishes Snacks Soups Sauces & Dressings

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Grill

Slow Cooker

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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