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Candied Salmon ♦♦

Candied salmon is a delicious and savory dish that is popular in many coastal regions. The salmon is coated in a sweet glaze and then baked or grilled to perfection. It can be enjoyed on its own or used as a topping for salads, sandwiches, or pasta dishes. The history of candied salmon dates back to the indigenous peoples of the Pacific Northwest, who used traditional smoking and curing methods to preserve the fish. Today, it is a favorite among seafood lovers for its unique flavor and versatility.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	salmon fillets
100 g	brown sugar
50 ml	soy sauce

50 g	honey
1 tsp	garlic powder
1 tsp	black pepper
1 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the brown sugar, soy sauce, honey, garlic powder, black pepper, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Place the salmon fillets on a baking sheet lined with parchment paper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stirring

Brush the glaze mixture onto the salmon, covering it evenly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Baking

Bake the salmon in the preheated oven for 15-20 minutes, or until it reaches your desired level of doneness.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Resting

Remove the salmon from the oven and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 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	12 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	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Events

Christmas

Picnic

Kitchen Tools

Slow Cooker

Course

Side Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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