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Maple Soy Glazed Salmon ✦

This recipe features succulent salmon fillets glazed with a sweet and savory maple soy sauce. It's a delicious and healthy dish that can be enjoyed for lunch or dinner. The salmon is marinated in a flavorful mixture of maple syrup, soy sauce, garlic, and ginger, then baked to perfection. Serve it with steamed vegetables and rice for a complete and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

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

2 tsp Ginger

Directions

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the salmon fillets in a shallow dish and pour the marinade over them. Let them marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Baking

Transfer the marinated salmon fillets to a baking sheet lined with parchment paper. Brush the remaining marinade over the fillets.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Baking

Bake the salmon for 15-20 minutes, or until it flakes easily with a fork.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Serving

Serve the maple soy glazed salmon hot with steamed vegetables and rice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	8 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	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

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
 Game Day

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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