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# Sesame and Soy Grilled Salmon \*

A delicious grilled salmon recipe marinated in sesame and soy sauce. This recipe is perfect for seafood lovers and is a great option for a healthy and flavorful meal.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 10 mins Total Time: 25 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

# **Ingredients**

500 g	salmon fillets
2 tbsp	sesame oil
4 tbsp	soy sauce
2 cloves	garlic
1 tsp	Ginger
2 tbsp	lemon juice

1 tsp	Salt
1 tsp	Black pepper

# **Directions**

### Step 1

### Mixing

In a small bowl, mix together sesame oil, soy sauce, minced garlic, grated ginger, lemon juice, 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 marinade over them. Make sure the fillets are well coated with the marinade. Let them marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

#### Step 3

### Preheating

Preheat the grill to medium-high heat. Brush the grill grates with oil to prevent sticking.

Prep Time: 0 mins

Cook Time: 0 mins

### Step 4

### Grilling

Place the marinated salmon fillets on the grill, skin-side down. Grill for about 4-5 minutes per side, or until the salmon is cooked through and flakes easily with a fork.

Prep Time: 0 mins

Cook Time: 10 mins

### Step 5

### Resting

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

Prep Time: 0 mins

Cook Time: 0 mins

### Step 6

Serving

Serve the grilled salmon with your choice of sides and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 280 kcal

**Fat:** 13 g

Protein: 35 g

Carbohydrates: 2 g

# **Nutrition Facts**

### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

# **Carbohydrates**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

# Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	13 g	46.43%	52%
Cholesterol	100 mg	N/A	N/A

# **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	100 mcg	4166.67%	4166.67%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

# **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	800 mg	23.53%	30.77%
Zinc	10 mg	90.91%	125%
Selenium	100 mcg	181.82%	181.82%

# **Recipe Attributes**

### Seasonality

Summer Fall

#### **Events**

Thanksgiving Barbecue

# Cuisines

Italian French American

### **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**

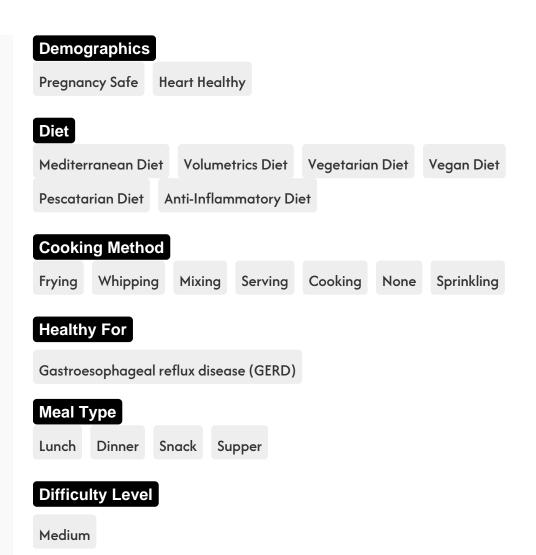
Blender Grill Slow Cooker

### Course

Salads Soups

# Cultural

Chinese New Year



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