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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

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### 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

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### 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

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### 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

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## 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

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## 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

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## Step 6

Serving

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## 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

## Demographics

Pregnancy Safe

Heart Healthy

## Diet

Mediterranean Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Anti-Inflammatory Diet

## Cooking Method

Frying

Whipping

Mixing

Serving

Cooking

None

Sprinkling

## Healthy For

Gastroesophageal reflux disease (GERD)

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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