

Healthy Recipe: Maple-Glazed Salmon

Salmon is a rich source of anti-inflammatory omega 3 fatty acids.

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This is a delicious way to cook salmon. The marinade is a subtle Americanized version of a traditional Japanese teriyaki glaze and uses maple syrup as a sweetener, instead of sugar. Its light maple taste makes it a festive choice for the holidays if having a pescatarian in the house, or an easy way to liven up an everyday piece of plain grilled salmon to get your needed amounts of Omega 3's. Enjoy!

20 min prep

5 servings

6

Ingredients

- ¼ cup soy sauce
- ¼ cup maple syrup
- 4 cloves [garlic](#), smashed and sliced
- 2 tablespoons grated [ginger](#)
- 1 tablespoon orange zest
- 1-pound salmon fillet

Directions

1. In a small bowl whisk the soy sauce, maple syrup, garlic, ginger, and orange zest together.
2. Place the salmon fillet in a re-sealable plastic bag and pour in the soy mixture. Close the bag and place onto a plate and store in the refrigerator for at least 4 hours, or preferably overnight.
3. Before serving preheat your broiler and remove the salmon from the bag discarding the garlic. Place onto a baking tray and broil for 8 minutes on each side or until cooked through. Serve immediately or at room temperature.

Nutrition Facts (per serving)

Calories: 253; Fat: 12g; Saturated Fat: 3g; Polyunsaturated Fat: 4g; Monounsaturated Fat: 3g; Carbohydrates: 13g; Sugar: 10g; Fiber: 0g; Protein: 20g; Sodium: 757 mg

Registered Dietician Approved

All our recipes are created by chefs and reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#).

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