

Grilled Salmon with Maple Syrup and Soy Sauce

This is a quick and tasty salmon recipe with maple syrup and soy sauce, with almost no cleanup required. Serve with brown rice and steamed pea pods.

Recipe by [Debbie Tucker](#) | Created on **Nov 14, 2021**

Ingredients

- 3 tablespoons soy sauce
- 2 tablespoons pure maple syrup
- 1 clove garlic, minced
- 2 teaspoons minced fresh ginger root
- ½ teaspoon freshly ground black pepper
- ½ teaspoon salt
- 2 (5 ounce) salmon fillets

Directions

- Combine soy sauce, maple syrup, garlic, ginger, pepper, and salt in a shallow container with a tight-fitting lid. Place salmon, flesh-side down, in the container and seal. Marinate in the refrigerator for 30 minutes.
- Preheat an outdoor grill for high heat and lightly oil the grate. Once heated, turn down one side to low heat.
- Place salmon, skin-side down, over low heat on the preheated grill and close the lid. Allow to cook, basting once with reserved marinade, until easily flaked with a fork, about 20 minutes. Salmon will easily remove from the grill by sliding a spatula between salmon and the skin.

Nutrition Facts

Serving: **2 servings** | Calories: **271.1 kcal** | Carbohydrates: **16.4 g** | Protein: **29.8 g** | Saturated fat: **1.4 g** | Cholesterol: **78.5 mg** | Sodium: **1998.7 mg** | Fiber: **0.4 g** | Sugar: **12.4 g**

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