

Grilled Salmon I

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Rated: ★★★★★

Submitted By: tinamenina

Photo By: hungryallweights

Prep Time: 15
Minutes

Cook Time: 16
Minutes

Ready In: 2 Hours 31
Minutes

Servings: 6

"A simple soy sauce and brown sugar marinade, with hints of lemon and garlic, are the perfect salty-sweet complement to rich salmon fillets."

INGREDIENTS:

1 1/2 pounds salmon fillets	1/3 cup soy sauce
lemon pepper to taste	1/3 cup brown sugar
garlic powder to taste	1/3 cup water
salt to taste	1/4 cup vegetable oil

DIRECTIONS:

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Nutrition Information

Servings Per Recipe: 6
Calories: 318

Amount Per Serving

Total Fat: 20.1g

Cholesterol: 56mg

Sodium: 1092mg

Amount Per Serving

Total Carbs: 13.2g

Dietary Fiber: 0.1g

Protein: 20.5g

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