



## Alaskan BBQ Salmon

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



16

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 cup brown sugar
- ☐ 0.5 cup honey
- ☐ 1 dash liquid smoke flavoring
- ☐ 4 pound salmon fillet whole

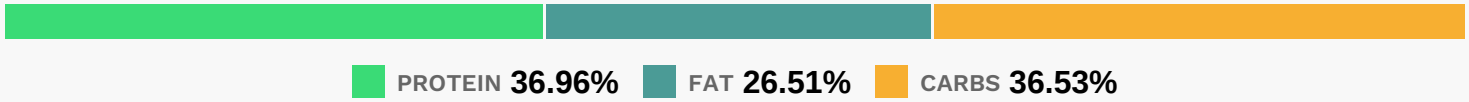
### Equipment

- ☐ bowl
- ☐ grill

# Directions

- ☐ Preheat grill for high heat.
- ☐ In a small bowl, mix together brown sugar, honey, liquid smoke, and vinegar.
- ☐ Brush one side of the salmon with the basting sauce.
- ☐ Place the salmon on the grill, basted side down. After about 7 minutes, generously baste the top, and turn over. Cook for about 8 more minutes, then brush on more basting sauce, turn, and cook for 2 minutes. Take care not to overcook the salmon as it will loose its juices and flavor if cooked too long.

## Nutrition Facts



## Properties

Glycemic Index:5.77, Glycemic Load:4.58, Inflammation Score:-2, Nutrition Score:15.666521697427%

## Nutrients (% of daily need)

Calories: 247.05kcal (12.35%), Fat: 7.19g (11.06%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 22.27g (8.1%), Sugar: 22.06g (24.52%), Cholesterol: 62.37mg (20.79%), Sodium: 54.68mg (2.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.55g (45.09%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.65µg (59.5%), Vitamin B6: 0.94mg (46.79%), Vitamin B3: 8.94mg (44.71%), Vitamin B2: 0.43mg (25.58%), Phosphorus: 228.37mg (22.84%), Vitamin B5: 1.91mg (19.12%), Vitamin B1: 0.26mg (17.09%), Potassium: 584.9mg (16.71%), Copper: 0.29mg (14.72%), Magnesium: 34.71mg (8.68%), Folate: 28.7µg (7.17%), Iron: 1.06mg (5.91%), Zinc: 0.76mg (5.04%), Manganese: 0.05mg (2.7%), Calcium: 26.18mg (2.62%)