



HEALTH SCORE

78%

Alder-Planked Salmon in an Asian-Style Marinade



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



9

CALORIES



287 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 cedar plank
- ☐ 3 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 1 optional: lemon thinly sliced

- ☐ 0.5 cup soy sauce low-sodium
- ☐ 0.5 cup rice vinegar
- ☐ 3.5 pound salmon fillet
- ☐ 1 tablespoon sesame seed toasted

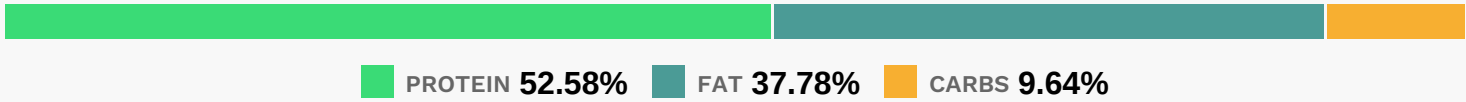
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Immerse and soak the plank in water 1 hour; drain.
- ☐ To prepare grill for indirect grilling, heat one side of the grill to high heat.
- ☐ Combine vinegar and the next 6 ingredients (vinegar through lemon) in a large zip-top plastic bag; seal. Shake to combine.
- ☐ Add fish; seal. Marinate in refrigerator 30 minutes, turning once.
- ☐ Place plank on grill rack over high heat; grill 5 minutes or until lightly charred. Carefully turn plank over; move to cool side of grill.
- ☐ Remove fish from marinade; discard marinade.
- ☐ Place fish, skin side down, on charred side of plank. Cover and grill 15 minutes or until fish flakes easily when tested with a fork.
- ☐ Sprinkle with onions and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:28.53, Glycemic Load:2.39, Inflammation Score:-5, Nutrition Score:26.499130306037%

Flavonoids

Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 287.27kcal (14.36%), Fat: 11.73g (18.04%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.03g (2.19%), Sugar: 4.29g (4.77%), Cholesterol: 97.02mg (32.34%), Sodium: 589.12mg (25.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.73g (73.46%), Vitamin B12: 5.61µg (93.49%), Selenium: 65.21µg (93.15%), Vitamin B6: 1.5mg (74.96%), Vitamin B3: 14.13mg (70.64%), Vitamin B2: 0.71mg (42.03%), Phosphorus: 387.68mg (38.77%), Vitamin B5: 3.02mg (30.18%), Vitamin B1: 0.42mg (27.99%), Potassium: 953.73mg (27.25%), Copper: 0.5mg (24.95%), Magnesium: 66.72mg (16.68%), Folate: 54.46µg (13.62%), Manganese: 0.23mg (11.73%), Iron: 1.94mg (10.78%), Zinc: 1.36mg (9.07%), Vitamin C: 7.22mg (8.75%), Vitamin K: 5.95µg (5.67%), Calcium: 42.89mg (4.29%), Fiber: 0.7g (2.81%), Vitamin A: 101.74IU (2.03%)