



Alder-roasted Salmon with Dill and Cranberries

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cranberries dried chopped
- 0.3 cup optional: dill fresh chopped
- 1 tablespoon juice of lemon fresh
- 2 teaspoons peppercorns green crushed
- 48 ounce salmon fillet with skin
- 0.3 teaspoon salt
- 1 cup butter unsalted softened

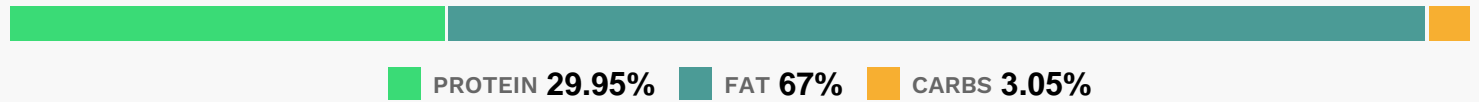
Equipment

- oven
- baking pan

Directions

- Combine first 6 ingredients. Preheat alder plank* in 400 oven.
- Place salmon, skin side down, on plank; cover with butter mixture.
- Bake 10 to 15 minutes or until done.
- *We recommend a reusable alder plank with a trough cut in the center to hold juices. (See page 231 for a source.) If using a flat disposable alder plank, place in a shallow baking pan to collect drippings.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:31.223478379457%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 610.8kcal (30.54%), Fat: 45.15g (69.46%), Saturated Fat: 21.67g (135.41%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.3g (1.57%), Sugar: 3.75g (4.17%), Cholesterol: 206.08mg (68.69%), Sodium: 236.19mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.4g (90.81%), Vitamin B12: 7.28µg (121.27%), Selenium: 83.19µg (118.85%), Vitamin B6: 1.86mg (93.15%), Vitamin B3: 17.9mg (89.51%), Vitamin B2: 0.88mg (51.9%), Phosphorus: 464.57mg (46.46%), Vitamin B5: 3.84mg (38.38%), Vitamin B1: 0.52mg (34.46%), Potassium: 1139.9mg (32.57%), Copper: 0.58mg (28.98%), Vitamin A: 1187.47IU (23.75%), Magnesium: 67.96mg (16.99%), Folate: 61.27µg

(15.32%), Iron: 1.97mg (10.96%), Zinc: 1.51mg (10.07%), Vitamin E: 0.99mg (6.58%), Calcium: 41.03mg (4.1%), Manganese: 0.08mg (3.82%), Vitamin D: 0.57µg (3.78%), Vitamin C: 2.64mg (3.2%), Vitamin K: 3.03µg (2.89%), Fiber: 0.32g (1.27%)