



HEALTH SCORE

91%

Cedar Plank-Grilled Salmon with Avocado-Orange Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup avocado diced peeled (1)
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 15 cedar grilling plank
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup orange juice fresh (1 orange)

- ☐ 1 teaspoon orange rind grated
- ☐ 1 cup orange sections (2 oranges)
- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 36 ounce salmon fillet ()
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons cointreau orange-flavored (liqueur)

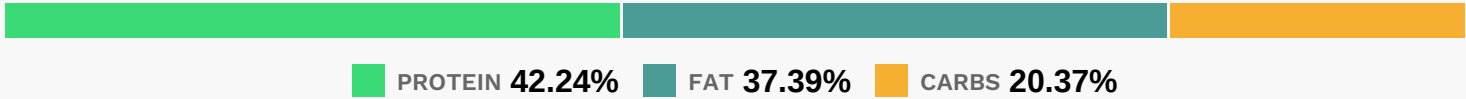
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Immerse and soak the plank in water 1 hour; drain.
- ☐ Prepare grill.
- ☐ Combine syrup, Cointreau, and rind in a small saucepan; bring to a boil. Cook until reduced to 1/4 cup (about 3 minutes). Cool 5 minutes.
- ☐ Sprinkle 1/4 teaspoon salt and 1/8 teaspoon black pepper over fish; brush fish with syrup mixture.
- ☐ Place plank on grill rack, and grill for 3 minutes or until lightly charred. Carefully turn plank over, and place fish on charred side of plank. Cover and grill for 12 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon black pepper, orange sections, avocado, orange juice, onion, bell pepper, chives, and lime juice in a medium bowl; serve with fish.
- ☐ Wine note: Salmon works with many white wines (and even some reds), but when the nutty, woody flavor of a charred cedar plank is factored in, I'd serve a California chardonnay. It, too, has nutty woody flavors, and a creamy, citrusy chardonnay will also mirror the creaminess of the avocado and the citrusiness of the orange. Try Geyser Peak Winery Chardonnay 2005 from Alexander Valley, California (\$13). --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:5.5, Inflammation Score:-6, Nutrition Score:28.94000005722%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 10.98mg, Hesperetin: 10.98mg, Hesperetin: 10.98mg, Hesperetin: 10.98mg Naringenin: 5.58mg, Naringenin: 5.58mg, Naringenin: 5.58mg, Naringenin: 5.58mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 332.28kcal (16.61%), Fat: 13.62g (20.96%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 14.39g (5.23%), Sugar: 12.62g (14.02%), Cholesterol: 93.55mg (31.18%), Sodium: 271.61mg (11.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.26%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.38µg (89.11%), Vitamin B6: 1.48mg (74.01%), Vitamin B3: 13.89mg (69.46%), Vitamin B2: 0.86mg (50.77%), Vitamin C: 31.33mg (37.98%), Phosphorus: 359.21mg (35.92%), Vitamin B5: 3.22mg (32.19%), Potassium: 1056.16mg (30.18%), Vitamin B1: 0.45mg (30.02%), Copper: 0.49mg (24.3%), Manganese: 0.39mg (19.69%), Folate: 74.24µg (18.56%), Magnesium: 63.55mg (15.89%), Fiber: 2.32g (9.26%), Zinc: 1.35mg (9.02%), Iron: 1.58mg (8.76%), Vitamin A: 316.67IU (6.33%), Calcium: 55.21mg (5.52%), Vitamin K: 5.33µg (5.08%), Vitamin E: 0.51mg (3.42%)