



Cedar-Plank Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon ground pepper
- ☐ 1 cedar plank
- ☐ 2 pound salmon fillet
- ☐ 1 tablespoon thyme leaves dried

Equipment

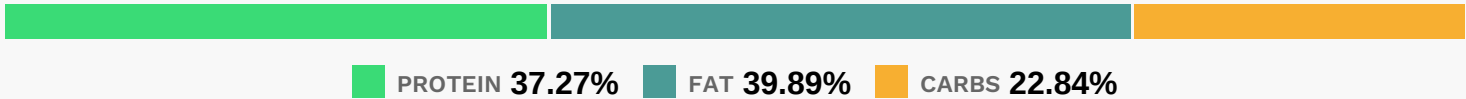
- ☐ bowl

- ☐ oven
- ☐ grill

Directions

- ☐ Preheat a gas grill to high; adjust to medium low after 15 minutes. (If cooking over charcoal, allow the coals to burn until they are covered with white ash.)
- ☐ Place the salmon skin-side down on the cedar plank.
- ☐ Combine the brown sugar, oil, thyme, and cayenne in a bowl.
- ☐ Spread over the salmon.
- ☐ Place the planked salmon on the grilling grate and cook, with grill covered, about 40 minutes or just until the surface fat begins to turn white.Rainy-Day Method: Preheat oven to 325 F. Prepare the salmon as described above, then roast on the cedar plank for about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:30.872173837993%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 491.79kcal (24.59%), Fat: 21.49g (33.07%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 27.31g (9.93%), Sugar: 26.73g (29.7%), Cholesterol: 124.74mg (41.58%), Sodium: 107.8mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.19g (90.37%), Vitamin B12: 7.21µg (120.2%), Selenium: 83.15µg (118.79%), Vitamin B6: 1.88mg (94.24%), Vitamin B3: 17.93mg (89.66%), Vitamin B2: 0.87mg (51.45%), Phosphorus: 458.01mg (45.8%), Vitamin B5: 3.82mg (38.17%), Vitamin B1: 0.51mg (34.34%), Potassium: 1168.6mg (33.39%), Copper: 0.59mg (29.57%), Magnesium: 71.81mg (17.95%), Folate: 58.29µg (14.57%), Iron: 2.35mg (13.08%), Zinc: 1.5mg (10.03%), Vitamin E: 1.37mg (9.16%), Vitamin A: 381.91IU (7.64%), Calcium: 57.87mg (5.79%), Vitamin K: 5.39µg (5.14%), Manganese: 0.09mg (4.7%), Vitamin C: 3.18mg (3.86%), Fiber: 0.38g (1.52%)