



Cedar Plank Salmon With Maple-Ginger Glaze



Gluten Free



Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 piece ginger grated peeled
- ☐ 2 teaspoons ground coriander
- ☐ 1 juice of lemon grated
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup maple syrup pure
- ☐ 2 pound skin-on center-cut salmon fillet thick
- ☐ 2 tablespoons butter unsalted

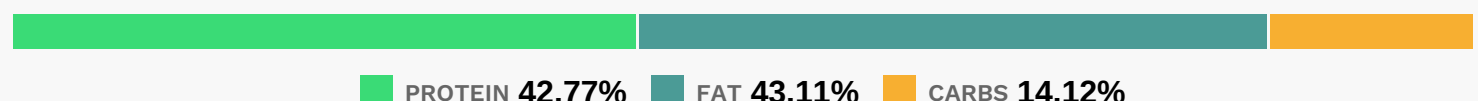
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ tongs
- ☐ oven mitt

Directions

- ☐ Soak 1 large cedar grilling plank (15 by 6 inches) in a baking dish of water, about 2 hours; put a plate or mug on top to keep the plank submerged.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Sprinkle the salmon with the coriander, 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Let stand at room temperature about 15 minutes.
- ☐ Meanwhile, heat the maple syrup, ginger, lemon zest and butter in a small saucepan over medium heat until slightly thickened, about 7 minutes. Stir in the lemon juice and set aside.
- ☐ Remove the cedar plank from the water and pat dry.
- ☐ Place the plank directly on the oven rack and preheat about 15 minutes. Using tongs or oven mitts, remove the hot plank from the oven and place the fish, skin-side down, on the wood.
- ☐ Brush the fish with half of the ginger glaze.
- ☐ Transfer the fish on the plank to the oven; put a baking sheet on the rack below to catch any drips. Cook until the salmon is just firm and slightly golden on top, about 12 minutes.
- ☐ Remove the fish from the oven and change the oven setting to broil.
- ☐ Brush the remaining ginger glaze over the salmon and broil until golden, 2 to 3 more minutes.
- ☐ Remove from the oven and let rest 5 minutes on the plank before serving.
- ☐ Serve warm or at room temperature.
- ☐ Photograph by Jonny Valiant

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:2.5, Inflammation Score:-3, Nutrition Score:16.768695844904%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 216.3kcal (10.82%), Fat: 10.13g (15.59%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 7.23g (2.63%), Sugar: 6.14g (6.82%), Cholesterol: 69.89mg (23.3%), Sodium: 245.3mg (10.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.24%), Vitamin B12: 3.61µg (60.2%), Selenium: 41.57µg (59.38%), Vitamin B6: 0.93mg (46.54%), Vitamin B3: 8.94mg (44.72%), Vitamin B2: 0.56mg (33.07%), Phosphorus: 230.28mg (23.03%), Vitamin B5: 1.9mg (18.97%), Vitamin B1: 0.27mg (17.69%), Potassium: 593mg (16.94%), Copper: 0.29mg (14.58%), Manganese: 0.26mg (13.11%), Magnesium: 37.32mg (9.33%), Folate: 29.3µg (7.33%), Iron: 1.01mg (5.61%), Zinc: 0.83mg (5.52%), Calcium: 29.45mg (2.94%), Vitamin A: 133.05IU (2.66%), Vitamin C: 1.6mg (1.94%)