



WHATSheATE



HEALTH SCORE

74%

## Cedar-Planked Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



53 min.

SERVINGS



6

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 cedar plank



6 servings spring onion chopped



1 slices optional: lemon



1.5 pound salmon fillet



3 tablespoons frangelico

### Equipment



plastic wrap



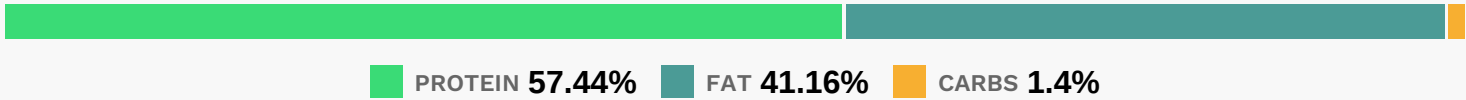
grill

☐ aluminum foil

## Directions

- ☐ Soak cedar plank in water at least 30 minutes.
- ☐ Remove pin bones from salmon, if necessary, and coat fish evenly with rub. Cover with plastic wrap or foil, and chill until ready to grill.
- ☐ Drain plank, and grill over medium-high heat (350 to 40
- ☐ for 3 minutes or until grill marks appear.
- ☐ Remove from grill.
- ☐ Place salmon, skin side down, on heated side of plank. Top with lemon slices.
- ☐ Place planked salmon on grill, cover, and grill 20 minutes or until desired degree of doneness. (Check occasionally to make sure edges of plank don't ignite.)
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:9.58, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:16.250434626056%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 163.28kcal (8.16%), Fat: 7.2g (11.08%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.17g (0.19%), Cholesterol: 62.37mg (20.79%), Sodium: 50.88mg (2.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.24%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.43µg (59.19%), Vitamin B6: 0.93mg (46.61%), Vitamin B3: 8.95mg (44.73%), Vitamin B2: 0.44mg (25.64%), Phosphorus: 229.2mg (22.92%), Vitamin B5: 1.89mg (18.94%), Vitamin B1: 0.26mg (17.34%), Potassium: 573.82mg (16.39%), Copper: 0.29mg (14.45%), Vitamin K: 12.42µg (11.83%), Magnesium: 34.18mg (8.54%), Folate: 32.32µg (8.08%), Iron: 1mg (5.57%), Zinc: 0.75mg (5%), Vitamin C: 1.75mg (2.12%), Vitamin A: 105.44IU (2.11%), Calcium: 18.23mg (1.82%),

Manganese: 0.03mg (1.4%)