



# Cedar-Planked Salmon with Barbecue Spice Rub

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 cedar grilling plank
- 0.8 teaspoon chili powder
- 1.5 teaspoons brown sugar dark
- 1 teaspoon thyme leaves dried crushed
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 0.8 teaspoon coarsely ground pepper black

- 0.8 teaspoon hungarian paprika sweet
- 1.5 teaspoons kosher salt
- 3 pound center-cut salmon fillet

## Equipment

- grill

## Directions

- Immerse and soak plank in water 1 hour; drain.
- Prepare grill to medium-high heat.
- Combine salt and next 7 ingredients (through cinnamon); rub salt mixture over fish.
- Place plank on grill rack; grill 3 minutes or until lightly charred. Carefully turn plank over; place fish on charred side of plank. Cover and grill 25 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Cut fish crosswise into 8 (4 1/2-ounce) pieces.
- Wine note: For this dish, you'll want a juicy red that is moderate in alcohol and tannin, like Wild Horse Pinot Noir 2006 (\$2 from California's central coast. The cherry fruit is refreshing, while the cigar box quality echoes the cedar plank flavor. To save some leftover wine for the second meal of Grilled Salmon Tacos, simply recork and refrigerate the bottle overnight. Jeffery Lindenmuth

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:23.783913248907%

## Nutrients (% of daily need)

Calories: 247.35kcal (12.37%), Fat: 10.91g (16.78%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.77g (0.86%), Cholesterol: 93.55mg (31.18%), Sodium: 514.82mg (22.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.88g (67.76%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.18µg (88.82%), Vitamin B6: 1.4mg (70.1%), Vitamin B3: 13.43mg (67.16%), Vitamin B2: 0.65mg (38.36%),

Phosphorus: 343.21mg (34.32%), Vitamin B5: 2.84mg (28.41%), Vitamin B1: 0.39mg (25.86%), Potassium: 850.74mg (24.31%), Copper: 0.44mg (21.75%), Magnesium: 51.57mg (12.89%), Folate: 43.08µg (10.77%), Iron: 1.79mg (9.92%), Zinc: 1.13mg (7.53%), Vitamin A: 225.12IU (4.5%), Manganese: 0.09mg (4.4%), Calcium: 28.5mg (2.85%), Vitamin K: 2.83µg (2.7%), Fiber: 0.28g (1.14%)