



Cedar-Planked Salmon with Crab and Citrus Beurre Blanc

 **Gluten Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



4

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounces crabs (ideally claw meat)
- ☐ 4 servings lillet blanc
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons big daddy's taco rub
- ☐ 4 pieces salmon fillet wild (6 to 8 oz. each and at least 2 in. wide)

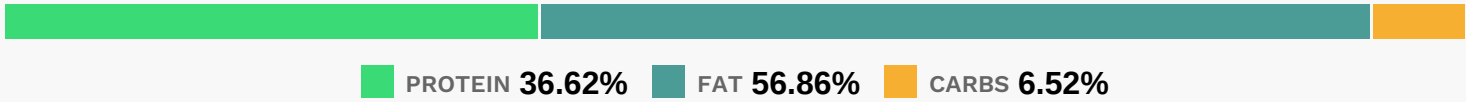
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Soak a 1/2-in.-thick cedar plank in warm water at least 1 hour. Preheat oven to 45
- ☐ Rub salmon with olive oil and BBQ rub, set on plank skin side down, and roast directly on oven rack 8 to 12 minutes, or until almost opaque.
- ☐ Melt butter in a medium frying pan over medium-low heat.
- ☐ Add crab and heat until warm.
- ☐ Top each salmon piece with some crab and drizzle with beurre blanc.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:11.277391335239%

Nutrients (% of daily need)

Calories: 113.95kcal (5.7%), Fat: 7.1g (10.93%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.61g (0.58%), Sugar: 0.15g (0.17%), Cholesterol: 41.53mg (13.84%), Sodium: 190.82mg (8.3%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 10.29g (20.58%), Vitamin B12: 5.14µg (85.68%), Selenium: 21.58µg (30.83%), Copper: 0.4mg (20.08%), Vitamin K: 18.46µg (17.58%), Zinc: 2.49mg (16.62%), Phosphorus: 109.45mg (10.95%), Vitamin B3: 1.92mg (9.6%), Manganese: 0.18mg (9.13%), Magnesium: 30.35mg (7.59%), Folate: 28.06µg (7.02%), Potassium: 220.17mg (6.29%), Vitamin B2: 0.1mg (6.09%), Vitamin B6: 0.12mg (5.99%), Iron: 0.94mg (5.24%), Calcium: 47mg (4.7%), Vitamin E: 0.61mg (4.08%), Vitamin A: 191.53IU (3.83%), Vitamin C: 2.22mg (2.7%), Vitamin B1: 0.03mg (2.29%), Vitamin B5: 0.22mg (2.19%)