



Cedar Planked Salmon with Maple Glaze and Mustard Mashed Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons gingerroot fresh finely grated peeled
- ☐ 1.5 teaspoons garlic minced
- ☐ 1 bunch greens from scallions
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 1 cup maple syrup pure
- ☐ 1 pound a 2 center-cut salmon fillet with skin
- ☐ 3 tablespoons soya sauce

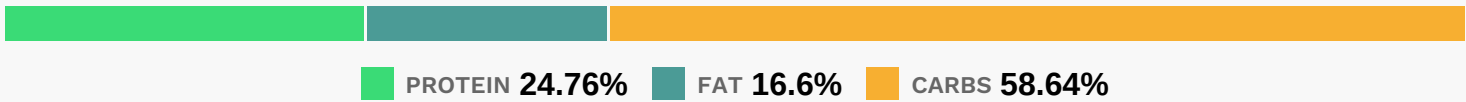
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a small heavy saucepan simmer maple syrup, gingerroot, 3 tablespoons lemon juice, soy sauce, garlic, and salt and pepper to taste until reduced to about 1 cup, about 30 minutes, and let cool. (Maple glaze may be made 2 days ahead and chilled, covered. Bring maple glaze to room temperature before proceeding.)
- ☐ Preheat oven to 350° F. If using cedar plank, lightly oil and heat in middle of oven 15 minutes; or lightly oil a shallow baking pan large enough to hold salmon.
- ☐ Arrange scallion greens in one layer on plank or in baking pan to form a bed for fish.
- ☐ In another small saucepan heat half of glaze over low heat until heated through to use as a sauce. Stir in remaining tablespoon lemon juice.
- ☐ Remove pan from heat and keep sauce warm, covered.
- ☐ Put salmon, skin side down, on scallion greens and brush with remaining glaze. Season salmon with salt and pepper and roast in middle of oven until just cooked through, about 20 minutes if using baking pan or about 35 if using plank.
- ☐ Cut salmon crosswise into 6 pieces. On each of 6 plates arrange salmon and scallion greens on a bed of mashed potatoes.
- ☐ Drizzle salmon with warm sauce.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:13.39, Inflammation Score:-4, Nutrition Score:17.276086976752%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 265.9kcal (13.3%), Fat: 4.86g (7.48%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 38.47g (13.99%), Sugar: 32.61g (36.23%), Cholesterol: 41.58mg (13.86%), Sodium: 546.35mg (23.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Manganese: 1.34mg (66.93%), Vitamin B2: 1mg (58.54%), Vitamin B12: 2.4µg (40.07%), Selenium: 27.88µg (39.82%), Vitamin B6: 0.67mg (33.47%), Vitamin B3: 6.48mg (32.39%), Phosphorus: 173.11mg (17.31%), Potassium: 566.22mg (16.18%), Vitamin B1: 0.22mg (14.79%), Vitamin B5: 1.34mg (13.37%), Copper: 0.22mg (10.99%), Vitamin C: 8.67mg (10.51%), Magnesium: 40.69mg (10.17%), Folate: 29.89µg (7.47%), Calcium: 74.19mg (7.42%), Zinc: 0.96mg (6.4%), Iron: 1.03mg (5.74%), Vitamin A: 248.64IU (4.97%)