



Cedar-Planked Salmon With Mustard Dill Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 salmon (1lb total)
- 2 tablespoons olive oil
- 1 teaspoon optional: lemon grated
- 2 juice of lemon
- 1 tablespoon chives fresh chopped
- 2 teaspoons dijon mustard
- 1 pinch salt

- 1 pinch pepper
- 1 cup cream sour
- 2 tablespoons cucumber finely chopped
- 1 tablespoon dill dried fresh chopped
- 2 teaspoons chives fresh minced

Equipment

- bowl
- whisk
- grill

Directions

- Soak two 12- x 7-inch (30 x 18 cm) untreated cedar planks in water for at least 30 minutes or for up to 24 hours.
- Place salmon fillets on top of each plank.
- In small bowl, whisk together oil, lemon rind and juice, chives, mustard, salt and pepper; brush some over salmon.
- Place planks on grill over medium-high heat; close lid and cook, brushing with remaining lemon mixture for about 20 minutes or until fish flakes easily when tested with fork.
- Dill Sauce: Meanwhile, in small bowl, combine sour cream, cucumber, dill, chives, salt and pepper.
- Serve planks on platter with dill sauce.

Nutrition Facts

 **PROTEIN 33.64%**  **FAT 62.01%**  **CARBS 4.35%**

Properties

Glycemic Index:32.42, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:17.892173913043%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Taste

Sweetness: 24.62%, Saltiness: 100%, Sourness: 42.5%, Bitterness: 21.89%, Savoriness: 75.19%, Fattiness: 68.68%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 283.69kcal (14.18%), Fat: 19.41g (29.86%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.69g (1.87%), Cholesterol: 84.95mg (28.32%), Sodium: 87.92mg (3.82%), Protein: 23.69g (47.39%), Selenium: 43.38µg (61.97%), Vitamin B12: 3.68µg (61.41%), Vitamin B6: 0.96mg (48.07%), Vitamin B3: 8.98mg (44.92%), Vitamin B2: 0.5mg (29.5%), Phosphorus: 262.79mg (26.28%), Vitamin B5: 2.05mg (20.49%), Potassium: 643.16mg (18.38%), Vitamin B1: 0.27mg (18.26%), Copper: 0.3mg (15.04%), Magnesium: 41.39mg (10.35%), Folate: 34.41µg (8.6%), Vitamin A: 355.28IU (7.11%), Iron: 1.27mg (7.05%), Vitamin C: 5.55mg (6.73%), Calcium: 64.68mg (6.47%), Zinc: 0.9mg (5.99%), Vitamin E: 0.84mg (5.62%), Vitamin K: 5.57µg (5.3%), Manganese: 0.06mg (2.97%), Fiber: 0.25g (1.01%)