



Chinook Salmon on Alderwood with Vidalia Onion and Mustard Crust



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 alder plank
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 green onions finely chopped
- ☐ 1 large optional: lemon cut into wedges
- ☐ 2 tablespoons mustard seeds
- ☐ 2 tablespoons olive oil

- ☐ 8 servings pepper freshly ground
- ☐ 2 tablespoons rice wine vinegar
- ☐ 8 servings garnish: rosemary sprig
- ☐ 3 pound salmon fillet
- ☐ 8 servings sea salt
- ☐ 2 small vidalia onions thinly sliced

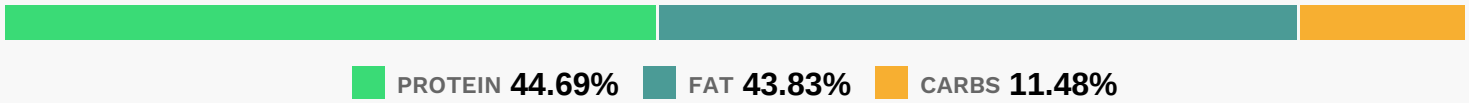
Equipment

- ☐ grill

Directions

- ☐ Soak plank in water to cover 1 hour; drain.
- ☐ Season salmon with sea salt and pepper.
- ☐ Place fish on plank.
- ☐ Stir together onion and next 6 ingredients. Spoon onion mixture over salmon, pressing firmly.
- ☐ Cover with grill lid; grill over medium-high heat (350 to 40
- ☐ to 20 minutes or until fish flakes with a fork. Squeeze lemon over fish.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:27.59478268416%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.99mg,

Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 321.44kcal (16.07%), Fat: 15.45g (23.76%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 7.41g (2.69%), Sugar: 4.76g (5.29%), Cholesterol: 93.55mg (31.18%), Sodium: 276.9mg (12.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.43g (70.87%), Selenium: 68.48µg (97.83%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.54mg (77.01%), Vitamin B3: 13.65mg (68.27%), Vitamin B2: 0.68mg (39.87%), Phosphorus: 391.02mg (39.1%), Vitamin B1: 0.45mg (30.04%), Vitamin B5: 2.97mg (29.74%), Potassium: 989.44mg (28.27%), Copper: 0.5mg (25.2%), Folate: 70.32µg (17.58%), Magnesium: 69.8mg (17.45%), Vitamin C: 12.41mg (15.04%), Iron: 2.07mg (11.49%), Manganese: 0.21mg (10.36%), Zinc: 1.41mg (9.37%), Vitamin K: 8.9µg (8.47%), Fiber: 1.7g (6.79%), Calcium: 55.69mg (5.57%), Vitamin E: 0.7mg (4.66%), Vitamin A: 121IU (2.42%)