



Grilled Cedar-Plank Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cedar plank for at least 1 hour
- ☐ 1 cucumber seedless sliced into thin half-moons
- ☐ 1 jalapeno seeded sliced
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 24 ounce salmon fillet

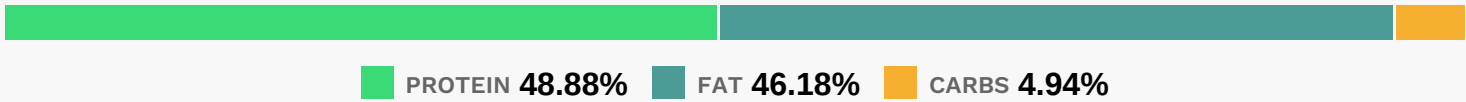
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to medium. Season the salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper; arrange on the plank.
- ☐ Place the plank on the grill and cook, covered, until the salmon is opaque and flakes easily, 12 to 15 minutes. In a bowl, combine the cucumber, jalapeo, lemon juice, oil, and 1/2 teaspoon salt.
- ☐ Serve with the salmon.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:25.677826549696%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 286.39kcal (14.32%), Fat: 14.4g (22.15%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.59g (1.76%), Cholesterol: 93.55mg (31.18%), Sodium: 270.38mg (11.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.59%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.33µg (89.05%), Vitamin B6: 1.44mg (71.98%), Vitamin B3: 13.49mg (67.47%), Vitamin B2: 0.67mg (39.69%), Phosphorus: 359.7mg (35.97%), Vitamin B5: 3.05mg (30.46%), Potassium: 960.21mg (27.43%), Vitamin B1: 0.41mg (27.19%), Copper: 0.46mg (22.95%), Magnesium: 60.06mg (15.01%), Vitamin K: 15.05µg (14.34%), Folate: 50.22µg (12.55%), Vitamin C: 9.15mg (11.1%), Iron: 1.61mg (8.93%), Zinc: 1.25mg (8.32%), Manganese: 0.09mg (4.56%), Vitamin E: 0.66mg (4.42%), Vitamin A: 184.97IU (3.7%), Calcium: 33.44mg (3.34%), Fiber: 0.5g (1.98%)