



Grilled Cedar-Planked Salmon

 Gluten Free  Dairy Free  Low Fod Map

READY IN



270 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 untreated cedar plank
- 0.3 cup parsley fresh finely chopped
- 1 Tbsp oil
- 0.3 cup oil-packed sun-dried tomatoes finely chopped
- 2 lb salmon fillet
- 0.5 cup sun tomato vinaigrette dressing dried kraft

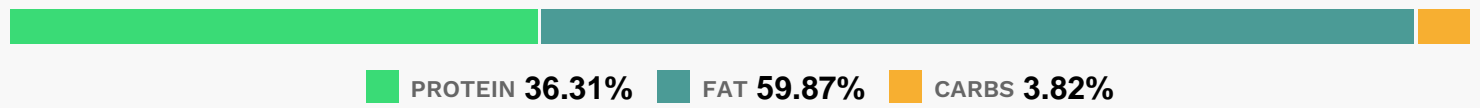
Equipment

- grill

Directions

- Immerse plank in water, topping with a weight to keep it submerged. Soak 4 hours.
- Heat grill to medium heat.
- Mix dressing, parsley and tomatoes; set aside.
- Brush plank with oil; top with fish.
- Place plank on grill grate.
- Grill 20 min. or until fish flakes easily with fork, brushing with dressing mixture after 10 min.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:5.1056521664495%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 68.32kcal (3.42%), Fat: 4.5g (6.93%), Saturated Fat: 0.71g (4.47%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.45g (0.5%), Cholesterol: 16.63mg (5.54%), Sodium: 14.61mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Vitamin B12: 0.96µg (16.03%), Selenium: 11.15µg (15.94%), Vitamin B6: 0.25mg (12.54%), Vitamin K: 13.04µg (12.42%), Vitamin B3: 2.47mg (12.33%), Vitamin B2: 0.12mg (7.05%), Phosphorus: 64.03mg (6.4%), Vitamin B5: 0.52mg (5.24%), Potassium: 182.72mg (5.22%), Vitamin B1: 0.07mg (4.91%), Copper: 0.09mg (4.47%), Magnesium: 10.8mg (2.7%), Folate: 8.94µg (2.24%), Iron: 0.36mg (1.98%), Vitamin E: 0.28mg (1.85%), Zinc: 0.22mg (1.45%), Vitamin C: 1.02mg (1.24%), Vitamin A: 62.23IU (1.24%), Manganese: 0.02mg (1.13%)