



Home-Smoked Salmon Fillets



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar packed ()
- ☐ 3 cups fries drained ()
- ☐ 30 ounce salmon fillet with skin
- ☐ 0.3 cup salt
- ☐ 1 cup sugar
- ☐ 1 quart water

Equipment

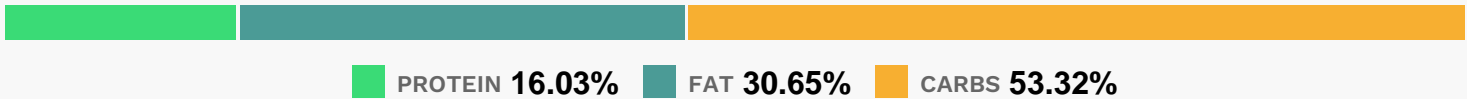
- ☐ bowl

- ☐ grill
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Stir first 4 ingredients in large bowl until both sugars dissolve.
- ☐ Add salmon, skin side up, to brine, pressing to submerge. Cover and refrigerate overnight.
- ☐ Remove salmon from brine; discard brine. Rinse salmon under cold water.
- ☐ Place salmon, skin side down, on rack.
- ☐ Let stand until top is dry to touch (do not pat dry), about 1 hour.
- ☐ Prepare barbecue (medium-low heat). Using 2 layers of foil, make 12 x 10-inch foil rectangle with 1-inch-high sides.
- ☐ Place 3 cups smoke chips on foil rectangle. Set atop coals 5 minutes before grilling salmon. Position barbecue rack at least 6 inches above briquettes. Position vents on barbecue so that chips smoke and briquettes burn but do not flame.
- ☐ Using 3 layers of foil, make another 12 x 10-inch foil rectangle with 1-inch-high sides. Using skewer, pierce 6 holes evenly over bottom of rectangle. Arrange salmon, skin side down, on rectangle.
- ☐ Place salmon on foil on grill. Cover; cook until salmon is firm to touch and glaze forms over salmon, adding more smoke chips to barbecue if necessary, 30 minutes to 1 hour, depending on heat of grill.
- ☐ Remove salmon from foil, leaving skin on foil.
- ☐ Transfer salmon to platter; serve warm or at room temperature. (Can be made 1 day ahead. Cover; chill. Bring to room temperature before serving.)

Nutrition Facts



Properties

Glycemic Index:22.4, Glycemic Load:42.79, Inflammation Score:-4, Nutrition Score:25.613478468812%

Nutrients (% of daily need)

Calories: 776.51kcal (38.83%), Fat: 26.78g (41.2%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 104.84g (34.95%), Net Carbohydrates: 99.51g (36.19%), Sugar: 68.83g (76.48%), Cholesterol: 77.96mg (25.99%), Sodium: 5376.05mg (233.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.03%), Selenium: 52.98µg (75.69%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.39mg (69.37%), Vitamin B3: 13.83mg (69.16%), Phosphorus: 376.05mg (37.6%), Potassium: 1253.63mg (35.82%), Vitamin B2: 0.58mg (34.21%), Vitamin B5: 3.05mg (30.46%), Vitamin B1: 0.41mg (27.19%), Copper: 0.44mg (22.03%), Fiber: 5.32g (21.29%), Magnesium: 67.4mg (16.85%), Iron: 3.01mg (16.74%), Manganese: 0.33mg (16.41%), Folate: 61.83µg (15.46%), Vitamin C: 7.45mg (9.03%), Zinc: 1.34mg (8.93%), Calcium: 66.07mg (6.61%), Vitamin A: 56.7IU (1.13%)