



Hot-Smoked Salmon

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black crushed
- 0.3 cup brown sugar dark packed
- 0.3 cup granulated sugar
- 1 teaspoon ground cardamom
- 2 tablespoons kosher salt
- 2 cups wood chips
- 1 pound salmon fillet
- 2 cups water

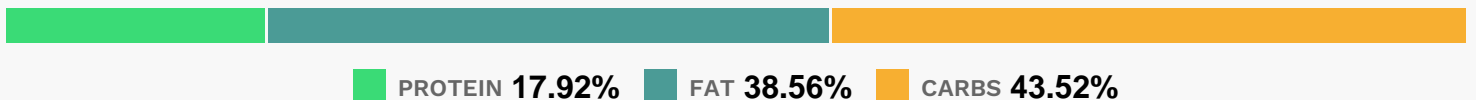
Equipment

- bowl
- frying pan
- plastic wrap
- grill
- aluminum foil

Directions

- Combine sugars, salt, peppercorns, and cardamom in a small bowl. Rub sugar mixture into salmon flesh, and pack the remaining rub around salmon. Wrap salmon tightly in plastic wrap and then in aluminum foil. Refrigerate 12 to 24 hours. Unwrap salmon, and rinse with cold water. Pat salmon dry.
- Soak wood chips in water 30 minutes; drain well.
- Prepare grill for indirect grilling, heating one side to high and leaving one side with low heat.
- Place wood chips on hot coals.
- Place a disposable aluminum foil pan on the unheated side of grill.
- Pour 2 cups water in pan. Coat grill rack with cooking spray; place on grill.
- Place salmon on grill rack over foil pan on unheated side. Close lid; cook 15 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Center of fish should be opaque and warm.

Nutrition Facts



Properties

Glycemic Index:42.86, Glycemic Load:28.57, Inflammation Score:-4, Nutrition Score:23.170869456037%

Nutrients (% of daily need)

Calories: 576.79kcal (28.84%), Fat: 25.03g (38.51%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 57.45g (20.89%), Sugar: 25.83g (28.7%), Cholesterol: 62.37mg (20.79%), Sodium: 4128.24mg (179.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.18g (52.35%), Selenium: 42.35µg

(60.5%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 11.61mg (58.07%), Vitamin B6: 1.15mg (57.73%), Manganese: 0.76mg (38.19%), Phosphorus: 323.27mg (32.33%), Potassium: 1122.39mg (32.07%), Vitamin B2: 0.48mg (27.96%), Vitamin B5: 2.58mg (25.79%), Fiber: 6.1g (24.38%), Vitamin B1: 0.35mg (23.17%), Copper: 0.39mg (19.27%), Iron: 2.91mg (16.19%), Magnesium: 62.11mg (15.53%), Folate: 54.94µg (13.73%), Vitamin C: 7.56mg (9.16%), Zinc: 1.21mg (8.06%), Calcium: 54.49mg (5.45%), Vitamin K: 4.09µg (3.9%), Vitamin A: 59.03IU (1.18%)