



Johnny Garlic's Cedar Plank Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon garlic minced
- ☐ 2 jalapeños cut into rings
- ☐ 1 lemon zest
- ☐ 2 tablespoons oil
- ☐ 4 rosemary sprigs fresh
- ☐ 24 ounce salmon fillet

- ☐ 2 teaspoons sea salt
- ☐ 0.5 cup white wine
- ☐ 3 tablespoons whole-grain mustard

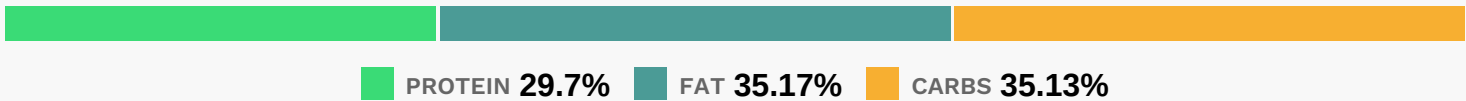
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Special equipment: Four 4 by 4-inch pieces parchment paper 4 cedar plank pieces, food service quality
- ☐ Preheat oven to 400 degrees F.
- ☐ In a small saute pan over medium heat, heat oil. When hot, add jalapenos and saute until caramelized.
- ☐ Add garlic, and before it begins to brown, deglaze with white wine. Next add mustard and apricot preserves and bring to a simmer. Simmer over low heat for 20 minutes and let completely cool.
- ☐ Place parchment paper on planks, add salmon, lightly salt and pepper, place a rosemary sprig on each fillet, and liberally apply cooled apricot mixture.
- ☐ Place cedar plank on gas burner. When plank has begun to smoke, place into preheated oven.
- ☐ Cook salmon until medium-rare; remove from oven and let sit for 2 to 3 minutes until serving.
- ☐ Garnish with lemon zest.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:27.430434766023%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 486.3kcal (24.31%), Fat: 18.4g (28.3%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 40.03g (14.55%), Sugar: 26.49g (29.44%), Cholesterol: 93.55mg (31.18%), Sodium: 1387.49mg (60.33%), Alcohol: 3.09g (100%), Alcohol %: 1.34% (100%), Protein: 34.96g (69.92%), Selenium: 67.47µg (96.39%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.49mg (74.38%), Vitamin B3: 13.61mg (68.05%), Vitamin B2: 0.68mg (40.12%), Phosphorus: 366.03mg (36.6%), Vitamin B5: 2.94mg (29.43%), Vitamin B1: 0.42mg (27.72%), Potassium: 958.54mg (27.39%), Copper: 0.52mg (25.75%), Vitamin C: 16.33mg (19.79%), Magnesium: 63.66mg (15.92%), Manganese: 0.25mg (12.47%), Folate: 47.52µg (11.88%), Iron: 2.1mg (11.66%), Vitamin E: 1.6mg (10.68%), Zinc: 1.29mg (8.58%), Vitamin K: 7.43µg (7.07%), Vitamin A: 305.64IU (6.11%), Calcium: 54.6mg (5.46%), Fiber: 1.33g (5.3%)