



HEALTH SCORE

96%

Lemon-Grilled Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 inch cedar plank
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 24 oz salmon fillet
- ☐ 0.5 teaspoon salt

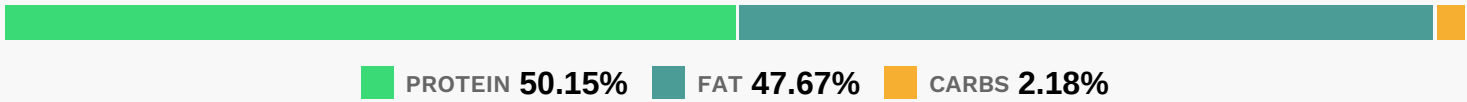
Equipment

- ☐ grill
- ☐ spatula
- ☐ tongs

Directions

- ☐ Weigh down cedar planks with a heavier object in a large container.
- ☐ Add water to cover, and soak at least 8 hours.
- ☐ Combine dill and next 5 ingredients; set aside.
- ☐ Sprinkle salt and pepper evenly on salmon.
- ☐ Remove cedar planks from water, and place planks on cooking grate on grill.
- ☐ Grill soaked planks, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 10 to 15 minutes or until the planks begin to lightly smoke.
- ☐ Place 2 fillets on each cedar plank, and grill, covered with grill lid, 15 to 18 minutes or until fish flakes with a fork.
- ☐ Remove fish from planks to individual serving plates using a spatula. (Carefully remove planks from grill using tongs.) Spoon herb mixture over fish, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:26.641739114471%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 278.06kcal (13.9%), Fat: 14.35g (22.08%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.36g (0.4%), Cholesterol: 93.55mg (31.18%), Sodium: 367.79mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.92%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.22µg (88.89%), Vitamin B6: 1.41mg (70.56%), Vitamin B3: 13.43mg (67.17%), Vitamin K: 51.52µg (49.07%), Vitamin B2: 0.65mg (38.45%), Phosphorus: 344.5mg (34.45%), Vitamin B5: 2.87mg (28.68%), Vitamin B1: 0.39mg (26.14%), Potassium: 870.26mg (24.86%), Copper: 0.44mg (21.85%), Magnesium: 52.23mg (13.06%), Folate: 49.96µg (12.49%), Vitamin C: 10.12mg (12.27%), Iron: 1.63mg (9.06%), Zinc: 1.14mg (7.62%), Vitamin A: 345.84IU (6.92%), Vitamin E: 0.55mg (3.65%), Manganese: 0.07mg (3.32%), Calcium: 29.32mg (2.93%), Fiber: 0.29g (1.17%)