



Mustard-Glazed Planked Salmon

 Gluten Free  Dairy Free

READY IN



63 min.

SERVINGS



6

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 large cedar plank
- ☐ 6 servings garnish: chives chopped
- ☐ 4 slices cranberry-orange relish halved
- ☐ 1 tablespoon orange juice fresh
- ☐ 0.5 teaspoon orange zest
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 24 ounce skin-on sockeye salmon fillets

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup grain mustard whole

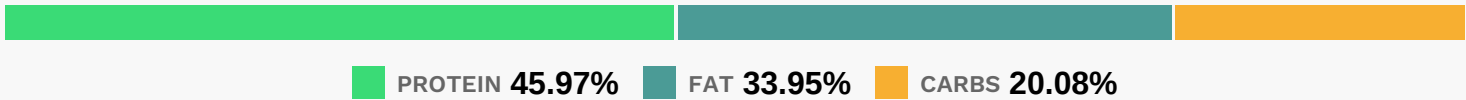
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Soak wood plank in water 1 hour; drain. Preheat grill to medium-high heat (350 to 400).
- ☐ Remove pin bones from salmon, if necessary.
- ☐ Combine mustard and next 5 ingredients in a small bowl, and brush half of mustard mixture over salmon, reserving remaining mustard mixture.
- ☐ Grill plank 3 minutes or until grill marks appear.
- ☐ Remove from grill.
- ☐ Place salmon, skin sides down, on heated side of plank. Top with orange slices.
- ☐ Grill planked salmon, covered with grill lid, 10 to 15 minutes or until desired degree of doneness. (Check occasionally to make sure edges of plank don't ignite.)
- ☐ Garnish, if desired.
- ☐ Serve with reserved mustard glaze.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:16.662173770044%

Flavonoids

Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 204.45kcal (10.22%), Fat: 7.56g (11.63%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 9.52g (3.46%), Sugar: 9.36g (10.4%), Cholesterol: 62.37mg (20.79%), Sodium: 215.11mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.04%), Selenium: 45.05µg (64.36%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 0.94mg (47.1%), Vitamin B3: 9mg (45.02%), Vitamin B2: 0.44mg (25.9%), Phosphorus: 239.69mg (23.97%), Vitamin B5: 1.94mg (19.42%), Vitamin B1: 0.28mg (18.67%), Potassium: 594.71mg (16.99%), Copper: 0.3mg (14.99%), Magnesium: 39.67mg (9.92%), Folate: 31.33µg (7.83%), Iron: 1.17mg (6.5%), Zinc: 0.8mg (5.36%), Manganese: 0.08mg (4.12%), Vitamin C: 2.62mg (3.18%), Calcium: 29.92mg (2.99%), Vitamin K: 2.42µg (2.31%), Fiber: 0.53g (2.13%), Vitamin A: 104.58IU (2.09%)