



Napa Valley Wine Planked Salmon

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

READY IN



177 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup herb leaves fresh finely chopped (parsley, oregano, basil, marjoram, etc.)
- 1 cup bottled champagne vinaigrette
- 2 tablespoons dijon mustard
- 1.3 pounds salmon fillet
- 4 servings salt and pepper
- 4 servings alder grilling plank soaked in equal parts of red wine and water for at least 2 hours

Equipment

- baking sheet

- oven
- grill
- aluminum foil

Directions

- In a large zip-top bag, combine salmon, Champagne vinaigrette, and mustard. Squeeze out air and seal bag. Gently massage bag so that everything is thoroughly combined. Marinate in refrigerator for 30 minutes.
- Set up grill for direct cooking over medium-high heat.
- Remove salmon from marinade and discard marinade.
- Place on wine-soaked plank, season with salt and pepper and cover with herbs.
- Place planked salmon on grill. Cover grill and cook for 8 to 12 minutes or until done.
- Remove from grill and serve hot.
- INDOOR: Marinate and prepare salmon as directed. Preheat oven to 450 degrees F.
- Remove salmon fillets from marinade and place on a baking sheet lined with foil. Season with salt and pepper and cover with herbs. Roast for 8 to 10 minutes, remove from oven and let stand tented with foil for 5 minutes.
- Serve hot.

Nutrition Facts

■ PROTEIN **40.5%** ■ FAT **32.98%** ■ CARBS **26.52%**

Properties

Glycemic Index:11.75, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:32.885651955786%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 421.43kcal (21.07%), Fat: 10.89g (16.75%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 14.2g (5.16%), Sugar: 1.7g (1.88%), Cholesterol: 77.96mg (25.99%), Sodium: 353.2mg (15.36%), Alcohol: 19.36g (100%), Alcohol %: 6.53% (100%), Protein: 30.09g (60.17%), Manganese: 1.86mg (92.93%), Vitamin B6: 1.6mg (80.17%), Selenium: 55.25µg (78.93%), Vitamin B12: 4.51µg (75.13%), Vitamin B3: 11.97mg (59.84%), Iron: 10.64mg (59.14%), Vitamin B2: 0.68mg (39.89%), Phosphorus: 356.53mg (35.65%), Potassium: 1048.76mg (29.96%), Vitamin A: 1284.38IU (25.69%), Vitamin B5: 2.43mg (24.25%), Copper: 0.46mg (23.24%), Magnesium: 91.91mg (22.98%), Vitamin B1: 0.34mg (22.91%), Fiber: 5.51g (22.03%), Calcium: 203.35mg (20.34%), Folate: 73.51µg (18.38%), Zinc: 1.94mg (12.92%), Vitamin C: 9.2mg (11.15%)