



Plank-Grilled Salmon with Grape Relish

 Gluten Free

READY IN



82 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup leek chopped
- ☐ 12 castelvetrano olives pitted chopped
- ☐ 1 cup grapes red seedless quartered
- ☐ 4 teaspoons red wine vinegar
- ☐ 24 ounce alaskan salmon fillets wild

- ☐ 3 tablespoons shallots chopped
- ☐ 15 alder wood grilling plank

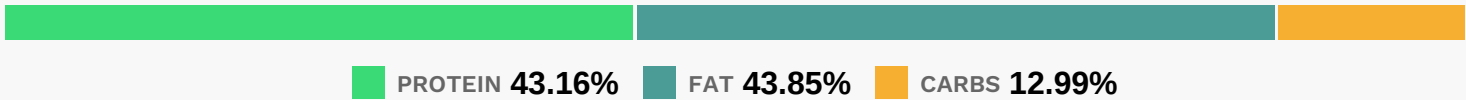
Equipment

- ☐ frying pan
- ☐ grill
- ☐ tongs

Directions

- ☐ Immerse and soak plank in water 1 hour; drain.
- ☐ Preheat grill to medium-high.
- ☐ Place plank on grill rack; grill 3 minutes or until lightly charred.
- ☐ Sprinkle fillets with pepper and salt. Carefully turn plank over using sturdy long-handled tongs.
- ☐ Place fillets, skin-side down, on charred side of plank. Grill 12 minutes or until desired degree of doneness.
- ☐ Melt butter in a small skillet over medium-high heat.
- ☐ Add leek and shallots; saut for 2 minutes. Stir in grapes and olives; remove from heat. Stir in vinegar.
- ☐ Serve with salmon.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:3.62, Inflammation Score:-5, Nutrition Score:25.849130402441%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 326.61kcal (16.33%), Fat: 15.7g (24.15%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.29g (3.38%), Sugar: 6.8g (7.55%), Cholesterol: 101.08mg (33.69%), Sodium: 433.48mg (18.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.53%), Vitamin B12: 5.41µg (90.25%), Selenium: 62.44µg (89.2%), Vitamin B6: 1.47mg (73.58%), Vitamin B3: 13.55mg (67.74%), Vitamin B2: 0.69mg (40.38%), Phosphorus: 361.08mg (36.11%), Vitamin B5: 2.89mg (28.92%), Vitamin B1: 0.42mg (28.16%), Potassium: 955.16mg (27.29%), Copper: 0.51mg (25.73%), Magnesium: 59.18mg (14.8%), Folate: 51.08µg (12.77%), Iron: 1.87mg (10.38%), Vitamin K: 9.88µg (9.41%), Zinc: 1.19mg (7.9%), Manganese: 0.15mg (7.68%), Vitamin A: 352.88IU (7.06%), Fiber: 1.17g (4.69%), Vitamin E: 0.68mg (4.56%), Calcium: 44.79mg (4.48%), Vitamin C: 2.84mg (3.44%)