



Planked Salmon Platter

READY IN



110 min.

SERVINGS



16

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cedar plank
- 1 lb salmon fillet
- 2 tablespoons salad dressing
- 2 teaspoons dijon mustard
- 1 teaspoon lemon zest grated
- 0.5 cup cream sour
- 1 teaspoon dill dried fresh chopped
- 3.5 oz capers drained
- 0.3 cup spicy brown mustard

- 2 hardboiled eggs finely chopped
- 1 cup cucumber thinly sliced
- 32 slices cocktail rye bread

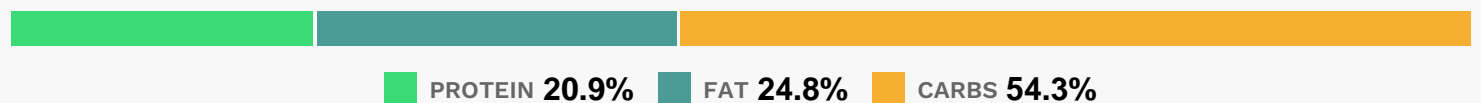
Equipment

- bowl
- grill
- spatula
- cutting board

Directions

- Soak cedar plank in water 1 to 2 hours.
- Heat gas or charcoal grill for indirect-heat cooking as directed by manufacturer.
- Place salmon, skin side down, on plank. In small bowl, mix mayonnaise, mustard and lemon peel.
- Brush generously over salmon.
- Place plank with salmon on grill for indirect cooking. Cover grill; cook over medium heat 25 to 30 minutes or until salmon flakes easily with fork.
- Remove salmon from plank to platter, using large spatula, or leave salmon on plank and place on large wood cutting board or platter.
- In small bowl, mix sour cream and dill weed.
- Place remaining accompaniments except bread in individual small bowls.
- Place sour cream mixture and remaining accompaniments around salmon.
- Serve salmon and accompaniments with bread.

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:14.27, Inflammation Score:-5, Nutrition Score:13.434782575006%

Flavonoids

Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg, Kaempferol: 8.15mg Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg

Nutrients (% of daily need)

Calories: 239.53kcal (11.98%), Fat: 6.56g (10.09%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 28.12g (10.23%), Sugar: 3.18g (3.53%), Cholesterol: 43.15mg (14.38%), Sodium: 647.44mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Selenium: 33.97µg (48.53%), Manganese: 0.57mg (28.35%), Vitamin B1: 0.36mg (24.02%), Vitamin B3: 4.74mg (23.72%), Vitamin B2: 0.38mg (22.37%), Folate: 83.59µg (20.9%), Fiber: 4.18g (16.74%), Vitamin B12: 0.99µg (16.43%), Phosphorus: 160.77mg (16.08%), Vitamin B6: 0.3mg (15.08%), Iron: 2.35mg (13.04%), Copper: 0.23mg (11.26%), Magnesium: 40.76mg (10.19%), Vitamin B5: 0.9mg (9%), Potassium: 286.31mg (8.18%), Zinc: 1.07mg (7.11%), Calcium: 68.51mg (6.85%), Vitamin K: 4.07µg (3.87%), Vitamin E: 0.41mg (2.76%), Vitamin A: 115.2IU (2.3%), Vitamin C: 1.07mg (1.3%)