



Planked Salmon with Coconut Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup jasmine rice
- ☐ 1 juice of lime
- ☐ 1 cup coconut milk light canned
- ☐ 0.3 cup maple syrup
- ☐ 0.5 pound salmon filet
- ☐ 4 servings salt to taste

☐ 2 teaspoons soya sauce

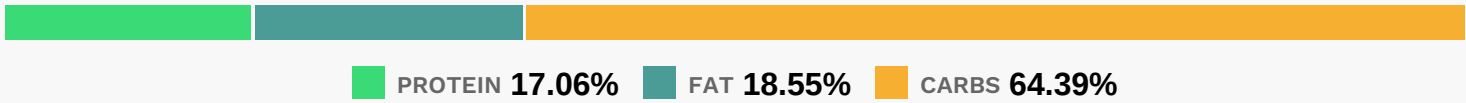
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Soak the plank in water for 4 hours. Put it on a baking sheet.
- ☐ Preheat oven to 500°F.
- ☐ In a bowl, combine the syrup, mustard, soy sauce, and lime juice.
- ☐ Add the fish; let it marinate for 10 minutes.
- ☐ In a saucepan, bring the broth and coconut milk to a boil.
- ☐ Stir in the rice. Reduce heat, cover, and simmer until the liquid is absorbed, 20 minutes.
- ☐ Lay the fish on the plank, skin side down.
- ☐ Sprinkle it with salt; drizzle it with marinade.
- ☐ Bake until the thickest part is still springy, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:28.88, Inflammation Score:-2, Nutrition Score:14.3599999927814%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 371.4kcal (18.57%), Fat: 7.4g (11.39%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 57.85g (19.28%), Net Carbohydrates: 57.14g (20.78%), Sugar: 16.58g (18.42%), Cholesterol: 32.36mg (10.79%), Sodium: 664.57mg (28.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.65%), Manganese: 1.18mg (58.92%), Selenium: 28.37µg (40.53%), Vitamin B2: 0.62mg (36.47%), Vitamin B12: 1.81µg (30.25%), Vitamin B6: 0.55mg (27.47%), Vitamin B3: 5.48mg (27.42%), Phosphorus: 175.24mg (17.52%), Vitamin B5: 1.44mg (14.42%), Vitamin B1: 0.2mg (13.1%), Copper: 0.26mg (12.97%), Potassium: 419.01mg (11.97%), Magnesium: 36.63mg (9.16%), Zinc: 1.12mg (7.49%), Iron: 0.99mg (5.52%), Calcium: 53.91mg (5.39%), Folate: 19.25µg (4.81%), Fiber: 0.71g (2.84%), Vitamin C: 2.26mg (2.73%)