



Planked Salmon with Honey-Balsamic Glaze

 **Gluten Free**

READY IN

ready

755 min.

SERVINGS

servings

4

CALORIES

calories

545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 servings butter melted for brushing salmon
- ☐ 2 untreated cedar planks for at least 12 hours (available at hardware stores to cover)
- ☐ 0.3 teaspoon mustard dry
- ☐ 0.5 cup honey
- ☐ 4 servings olive oil extra-virgin for oiling the planks
- ☐ 24 ounce side of salmon whole

- ☐ 1 tablespoon sea salt fine

Equipment

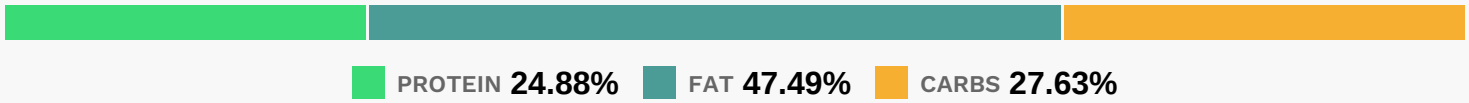
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ microwave
- ☐ tongs

Directions

- ☐ Preheat the broiler. Preheat the oven to 400 degrees F.
- ☐ If using a side of salmon, cut about halfway through the flesh about every 5 to 6-inches so there are some spaces for the glazes to sink in. If using salmon fillets, slice about 8 to 10 sliced angles into flesh, to help flesh more completely soak in the glaze.
- ☐ In a small bowl or cup, mix the salt, pepper, and dry mustard.
- ☐ In a medium glass bowl, heat the honey in the microwave for 30 seconds to liquefy further.
- ☐ Remove from the microwave and mix in balsamic vinegar.
- ☐ Brush the top of the salmon fillets (not the skin side) with the melted butter. Season the flesh side with the spice mixture.
- ☐ Brush with the honey-balsamic mixture, reserving some for later.
- ☐ Put the soaked planks under the hot broiler, about 5 inches from the heat source, until the wood is browned on top, about 3 minutes. With tongs, carefully remove the planks from the oven.
- ☐ Immediately brush the browned surface with olive oil, then lay the salmon fillets on the oiled surface, skin side down.
- ☐ Put 2 cookie sheets in the oven below where the planks will go to catch any glazes or juices that run off. Return the planks to the broiler and cook the fish for 10 minutes. Baste with honey-balsamic and place in oven. Cook until it is done to your taste, about 10 to 15 more minutes, or 20 minutes total for medium.
- ☐ Remove the fillets to a platter, or immediately serve directly from the planks.

Per Serving: Calories 512; Total Fat 29 grams; Saturated Fat 9 grams; Protein 35 grams; Total Carbohydrate 28 grams; Sugar: 28 grams; Fiber 0 grams; Cholesterol 109 milligrams; Sodium 1185 milligrams

Nutrition Facts



Properties

Glycemic Index:46.07, Glycemic Load:19.6, Inflammation Score:-4, Nutrition Score:24.886522061151%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 545.26kcal (27.26%), Fat: 28.89g (44.45%), Saturated Fat: 6.18g (38.6%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 37.67g (13.7%), Sugar: 37.19g (41.32%), Cholesterol: 104.3mg (34.77%), Sodium: 1856.81mg (80.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.05g (68.11%), Vitamin B12: 5.42µg (90.29%), Selenium: 62.75µg (89.64%), Vitamin B6: 1.4mg (70.15%), Vitamin B3: 13.43mg (67.16%), Vitamin B2: 0.66mg (39.11%), Phosphorus: 347.55mg (34.75%), Vitamin B5: 2.87mg (28.69%), Vitamin B1: 0.39mg (25.73%), Potassium: 879.31mg (25.12%), Copper: 0.45mg (22.51%), Vitamin E: 2.14mg (14.27%), Magnesium: 53.12mg (13.28%), Folate: 43.77µg (10.94%), Iron: 1.78mg (9.91%), Vitamin K: 9.19µg (8.76%), Zinc: 1.21mg (8.09%), Manganese: 0.12mg (6.07%), Vitamin A: 194.4IU (3.89%), Calcium: 31.12mg (3.11%)