



HEALTH SCORE

75%

Planked Salmon with Maple-Mustard Glaze



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



120 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 cedar grilling plank
- ☐ 2 tablespoons maple syrup
- ☐ 1.5 pound center-cut salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon whole-grain dijon mustard

Equipment

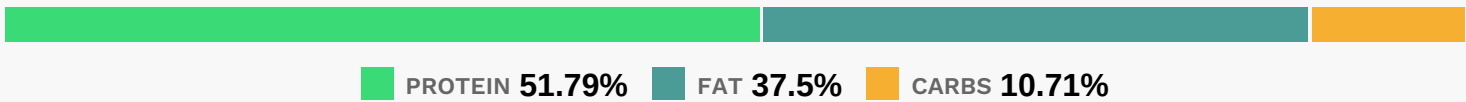
- ☐ bowl

☐ grill

Directions

- ☐ Soak plank in water 1 hour; drain.
- ☐ Preheat grill to medium heat.
- ☐ Combine syrup and mustard; stir well, and divide between 2 small bowls.
- ☐ Place plank on grill rack; grill 10 minutes or until lightly charred. Turn plank over; place fish, skin side down, on charred side.
- ☐ Sprinkle fish with salt and pepper; brush with half of syrup mixture.
- ☐ Cover and grill 35 minutes or until desired degree of doneness.
- ☐ Remove from grill; spread remaining syrup mixture over fish.
- ☐ Cut fillet into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:2.49, Inflammation Score:-4, Nutrition Score:24.307391228721%

Nutrients (% of daily need)

Calories: 271.14kcal (13.56%), Fat: 10.91g (16.79%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.82g (2.48%), Sugar: 6.05g (6.72%), Cholesterol: 93.55mg (31.18%), Sodium: 262.36mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.84%), Selenium: 63.37µg (90.52%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.39mg (69.72%), Vitamin B3: 13.4mg (67%), Vitamin B2: 0.78mg (45.65%), Phosphorus: 344.44mg (34.44%), Vitamin B5: 2.84mg (28.43%), Vitamin B1: 0.4mg (26.55%), Potassium: 863.29mg (24.67%), Copper: 0.43mg (21.49%), Manganese: 0.29mg (14.46%), Magnesium: 53.45mg (13.36%), Folate: 42.81µg (10.7%), Iron: 1.44mg (8.03%), Zinc: 1.18mg (7.9%), Calcium: 34.32mg (3.43%), Vitamin A: 71.39IU (1.43%)