



## Planked Salmon with Peach Mango Salsa

 **Gluten Free**  **Dairy Free**

READY IN



115 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup juice of lime
- 1 tablespoon honey
- 0.3 teaspoon salt
- 1 cup mangos pitted chopped
- 2 cups peaches peeled chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon bell pepper finely chopped
- 1 cedar plank

- 2 lb salmon fillet
- 0.3 cup brown sugar packed

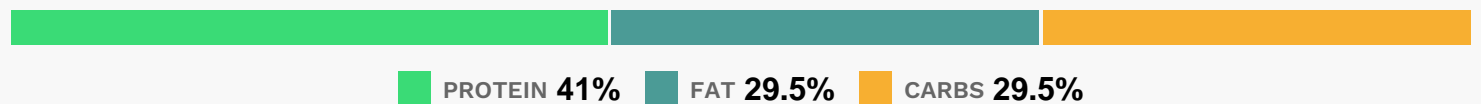
## Equipment

- bowl
- grill
- spatula

## Directions

- In medium bowl, mix lime juice, honey and salt; toss with remaining salsa ingredients. Cover and refrigerate at least 1 hour. Meanwhile, soak cedar plank in water at least 1 hour.
- Heat coals or gas grill for direct heat.
- Place salmon, skin side down, on cedar plank. Make diagonal cuts in salmon every 2 inches, without cutting through the skin. Rub brown sugar over salmon.
- Place cedar plank with salmon on grill. When cedar plank begins to smoke, cover grill. Cover and grill salmon over medium heat 30 to 35 minutes or until salmon flakes easily with fork.
- Remove salmon from plank, using large spatula.
- Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:26.03, Glycemic Load:3.91, Inflammation Score:-5, Nutrition Score:18.071739176045%

## Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## **Nutrients (% of daily need)**

Calories: 225.98kcal (11.3%), Fat: 7.38g (11.36%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.63g (5.68%), Sugar: 15.06g (16.73%), Cholesterol: 62.37mg (20.79%), Sodium: 130.24mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Selenium: 42.44µg (60.63%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 0.97mg (48.61%), Vitamin B3: 9.4mg (47%), Vitamin B2: 0.45mg (26.74%), Phosphorus: 240.13mg (24.01%), Vitamin B5: 2.01mg (20.13%), Potassium: 661.7mg (18.91%), Vitamin B1: 0.27mg (18.28%), Copper: 0.34mg (17.2%), Vitamin C: 12.99mg (15.75%), Folate: 41.25µg (10.31%), Magnesium: 39.58mg (9.89%), Vitamin A: 467.95IU (9.36%), Iron: 1.15mg (6.4%), Zinc: 0.85mg (5.68%), Fiber: 0.98g (3.93%), Vitamin K: 3.67µg (3.5%), Vitamin E: 0.51mg (3.43%), Manganese: 0.07mg (3.31%), Calcium: 24.8mg (2.48%)