



HEALTH SCORE

63%

Salmon Steak Roasted on a Cedar Plank with Roasted Tomatillo Sauce and Chipotle Mashed Potatoes



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1063 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle canned
- ☐ 1 tablespoons chipotle puree
- ☐ 0.3 cup cilantro leaves
- ☐ 4 garlic cloves peeled
- ☐ 0.8 cup heavy cream warmed
- ☐ 2 teaspoons honey

- ☐ 2 tablespoons olive oil
- ☐ 6 potatoes boiled peeled quartered
- ☐ 1 small onion red peeled quartered
- ☐ 4 cloves roasted garlic smashed
- ☐ 32 ounces salmon fillet
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 8 medium tomatillos husked
- ☐ 4 tablespoons butter unsalted
- ☐ 4 servings vegetable oil for brushing shingles
- ☐ 12 untreated cedar shingles soaked in water for 2 hours

Equipment

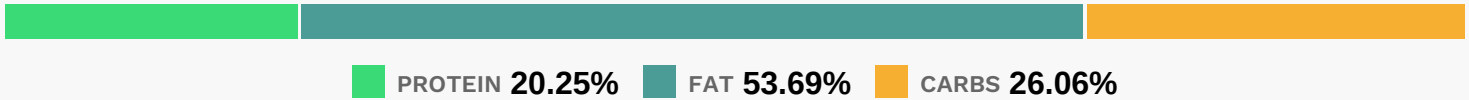
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Salmon:Preheat a grill to high.
- ☐ Remove shingles from water and brush with vegetable oil on both sides.
- ☐ Place on the grill and allow to heat through, about 10 minutes.
- ☐ Remove to a sheet pan. Preheat oven to 375 degrees F. Season salmon with salt and pepper, then sear on all sides quickly.
- ☐ Place a salmon fillet on each shingle and cover sheet pan with foil.
- ☐ Place in oven and cook until just done, about 5 to 8 minutes.

- ☐
- Roasted Tomatillo Sauce:Preheat the oven to 350 degrees F. Rub the tomatillos, garlic and onion with olive oil, place on a baking sheet, and roast for 20 minutes or until the tomatillos are soft.
- ☐
- Place all the ingredients in a food processor and puree until smooth, season with salt and pepper to taste.
- ☐
- Place potatoes in a large bowl, add butter, warm cream, chipotle puree and garlic and mash until smooth. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:63.76, Glycemic Load:43.49, Inflammation Score:-9, Nutrition Score:50.806956083878%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 1063.35kcal (53.17%), Fat: 63.89g (98.29%), Saturated Fat: 22.98g (143.6%), Carbohydrates: 69.78g (23.26%), Net Carbohydrates: 60.09g (21.85%), Sugar: 11.08g (12.31%), Cholesterol: 205.26mg (68.42%), Sodium: 526.74mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.21g (108.41%), Vitamin B6: 2.96mg (148.08%), Selenium: 86.59µg (123.69%), Vitamin B12: 7.31µg (121.79%), Vitamin B3: 22.58mg (112.88%), Vitamin C: 75.36mg (91.35%), Potassium: 2755.78mg (78.74%), Phosphorus: 709.24mg (70.92%), Vitamin B2: 1.09mg (64.32%), Vitamin B1: 0.83mg (55.53%), Copper: 1.01mg (50.75%), Vitamin B5: 5.03mg (50.28%), Vitamin K: 48.62µg (46.3%), Magnesium: 161.45mg (40.36%), Fiber: 9.69g (38.78%), Manganese: 0.77mg (38.7%), Folate: 120.88µg (30.22%), Iron: 5.19mg (28.84%), Vitamin A: 1249.42IU (24.99%), Vitamin E: 3.21mg (21.43%), Zinc: 2.78mg (18.56%), Calcium: 123.3mg (12.33%), Vitamin D: 0.92µg (6.16%)