



Smoked Brined Salmon



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup sugar
- ☐ 0.3 cup salt
- ☐ 1 tablespoon orange zest grated (from 1 small orange)
- ☐ 1 medium onion sliced
- ☐ 1 teaspoon peppercorns whole black
- ☐ 4 cups water
- ☐ 2.5 lb salmon fillet
- ☐ 4 hickory wood chunks for smoking (hickory, mesquite or apple)

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper

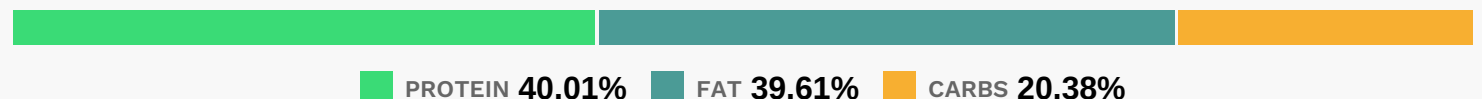
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In large heavy-duty resealable plastic food-storage bag, mix sugar, salt, orange peel, onion, peppercorns and 4 cups water. Seal bag and squeeze to mix until sugar and salt have dissolved.
- ☐ Place salmon in bag of brine; seal bag. Refrigerate at least 3 hours but no longer than 4 hours.
- ☐ Cover wood chunks with water; soak at least 30 minutes.
- ☐ Drain wood chunks. Prepare and heat smoker using wood chunks and adding water to water pan following manufacturer's directions.
- ☐ Meanwhile, remove salmon from brine; discard brine. Blot salmon dry with paper towels.
- ☐ Brush both sides of salmon with oil.
- ☐ Place salmon, skin side down.
- ☐ Sprinkle with paprika and pepper.
- ☐ Place salmon, skin side down, on top grill rack in smoker. Cover and smoke about 1 hour or until salmon flakes easily with a fork. If smoking stops, add additional wood chunks through side door of smoker.
- ☐ Place salmon, skin side up, on foil. Peel skin from fish and discard. Use foil to turn fish onto serving platter.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:12.12, Inflammation Score:-5, Nutrition Score:27.377391379812%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 384.33kcal (19.22%), Fat: 16.66g (25.63%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 18.61g (6.77%), Sugar: 17.43g (19.37%), Cholesterol: 103.95mg (34.65%), Sodium: 4807.81mg (209.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.87g (75.74%), Vitamin B12: 6.01µg (100.17%), Selenium: 69.25µg (98.93%), Vitamin B6: 1.58mg (78.78%), Vitamin B3: 14.92mg (74.58%), Vitamin B2: 0.73mg (43.06%), Phosphorus: 386.07mg (38.61%), Vitamin B5: 3.19mg (31.88%), Vitamin B1: 0.44mg (29.21%), Potassium: 970.93mg (27.74%), Copper: 0.52mg (26.2%), Magnesium: 60.53mg (15.13%), Folate: 51.25µg (12.81%), Iron: 1.73mg (9.59%), Vitamin K: 9.88µg (9.41%), Manganese: 0.17mg (8.74%), Zinc: 1.29mg (8.62%), Calcium: 41.19mg (4.12%), Vitamin A: 166.72IU (3.33%), Vitamin C: 2.74mg (3.32%), Vitamin E: 0.43mg (2.89%), Fiber: 0.68g (2.73%)