



Smoked Mullet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 3.5 ounce shrimp and crab boil
- ☐ 0.5 pound hickory chips
- ☐ 1 cup salt
- ☐ 1 gallon water
- ☐ 4.5 pound whole-dressed mullet

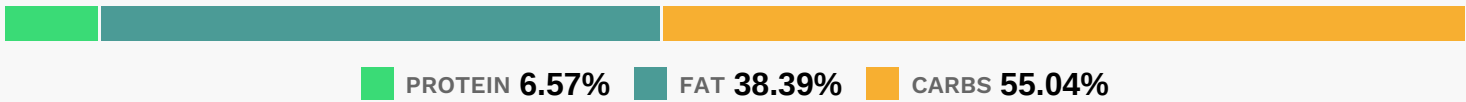
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine water, salt, and shrimp and crab boil in a large bowl; stir well to blend seasonings. Rinse fish thoroughly in cold water; place in brine mixture. Cover; refrigerate 30 minutes, stirring occasionally.
- ☐ Prepare charcoal fire in smoker; let burn 10 to 15 minutes.
- ☐ Drain water from hickory chips to fill water pan half full.
- ☐ Sprinkle hickory chips over gray-white coals.
- ☐ Place water pan in smoker. Heavily grease wire food rack; place on lowest shelf in smoker.
- ☐ Remove fish from brine; rinse thoroughly in cold water, and pat dry. Arrange fish on food rack; cover smoker with lid, and open vent slightly to keep smoke and air circulating. Smoke fish 1 1/2 hours or until fish flakes easily when tested with a fork and is golden brown.
- ☐ Transfer fish to a serving platter, and serve.

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:4.68, Inflammation Score:-4, Nutrition Score:11.769999939462%

Nutrients (% of daily need)

Calories: 111.79kcal (5.59%), Fat: 5.17g (7.96%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 14.01g (5.09%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 14312.59mg (622.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin K: 99.89µg (95.14%), Manganese: 0.95mg (47.57%), Iron: 4.87mg (27.07%), Calcium: 149.04mg (14.9%), Vitamin B6: 0.21mg (10.74%), Fiber: 2.68g (10.71%), Copper: 0.2mg (10.01%), Magnesium: 37.98mg (9.5%), Vitamin A: 326.44IU (6.53%), Potassium: 209.66mg (5.99%), Folate: 23.35µg (5.84%), Vitamin B3: 1mg (5.02%), Phosphorus: 43.04mg (4.3%), Vitamin C: 3.27mg (3.97%), Zinc: 0.57mg (3.78%), Vitamin B1: 0.05mg (3.58%), Vitamin B2: 0.03mg (1.91%), Selenium: 1.07µg (1.53%), Vitamin B5: 0.15mg (1.53%), Vitamin E: 0.16mg (1.09%)