



Smoked Rosemary-Scented Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons rosemary fresh minced
- ☐ 1.5 teaspoons horseradish prepared
- ☐ 0.8 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons cracked pepper
- ☐ 6 servings alder wood chips
- ☐ 6 servings garnish: rosemary sprig fresh
- ☐ 3 pound salmon fillet halved

☐ 0.8 teaspoon salt

Equipment

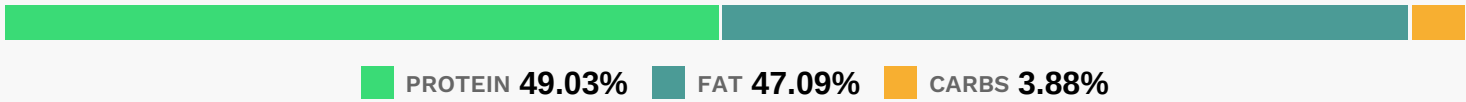
☐ frying pan

☐ ziploc bags

Directions

- ☐ Soak wood chips in water to cover at least 30 minutes.
- ☐ Place salmon fillet in a shallow dish or large heavy-duty, zip-top plastic bag. Stir together lime juice and next 3 ingredients; pour over fish, and seal plastic bag. Chill 3 hours, turning occasionally.
- ☐ Remove fish, reserving marinade.
- ☐ Sprinkle fish with salt and pepper; set aside.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Drain chips, and place on coals.
- ☐ Place water pan in smoker; add reserved marinade.
- ☐ Add hot water to fill line. Coat rack with cooking spray; place in smoker.
- ☐ Arrange fish, skin side down, on rack; cover with smoker lid. Cook 50 minutes or until fish flakes easily when tested with a fork.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.56, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:30.707826220471%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 376.96kcal (18.85%), Fat: 19.32g (29.72%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.06g (1.11%), Sugar: 0.61g (0.68%), Cholesterol: 124.74mg (41.58%), Sodium: 401.73mg (17.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.26g (90.51%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.88µg (118.4%), Vitamin B6: 1.88mg (93.8%), Vitamin B3: 17.91mg (89.56%), Vitamin B2: 0.87mg (51.17%), Phosphorus: 460.5mg (46.05%), Vitamin B5: 3.83mg (38.33%), Vitamin B1: 0.52mg (34.83%), Potassium: 1168.46mg (33.38%), Copper: 0.59mg (29.33%), Magnesium: 70.7mg (17.68%), Folate: 62.14µg (15.53%), Vitamin C: 9.73mg (11.79%), Iron: 2.03mg (11.29%), Zinc: 1.51mg (10.06%), Manganese: 0.12mg (6.08%), Vitamin E: 0.74mg (4.96%), Calcium: 39.13mg (3.91%), Vitamin K: 3.83µg (3.64%), Vitamin A: 140.97IU (2.82%), Fiber: 0.52g (2.07%)