

Smoked Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



913 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons dill dried



1 cup ice cubes



0.5 cup kosher salt (such as Diamond Crystal)



2 tablespoons soy sauce low-sodium



4 cups fries



1.5 pound salmon fillet ()



0.3 cup sugar



3.5 cups water

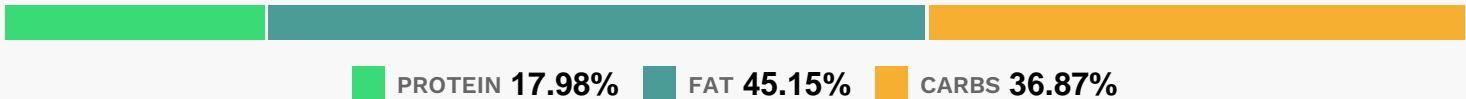
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine water, salt, sugar, dill, and soy sauce in a large bowl, stirring until salt and sugar dissolve.
- ☐ Pour salt mixture into a large zip-top plastic bag.
- ☐ Add ice and salmon; seal. Refrigerate 2 hours, turning bag occasionally.
- ☐ Soak the wood chips in water for 1 hour.
- ☐ Drain well.
- ☐ Prepare the grill for indirect grilling, heating one side to medium and leaving one side with no heat.
- ☐ Place half of wood chips on hot coals.
- ☐ Remove salmon from bag; discard brine. Pat salmon dry with paper towels.
- ☐ Place salmon on grill rack coated with cooking spray over unheated side. Close lid; grill 10 minutes.
- ☐ Place remaining wood chips on hot coals; close lid, and grill 15 minutes or until fish flakes easily when tested with a fork.
- ☐ Sprinkle with black pepper and garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:33.61, Glycemic Load:47.77, Inflammation Score:-6, Nutrition Score:36.229565277048%

Nutrients (% of daily need)

Calories: 913.15kcal (45.66%), Fat: 46.28g (71.21%), Saturated Fat: 12.43g (77.66%), Carbohydrates: 85.07g (28.36%), Net Carbohydrates: 74.16g (26.97%), Sugar: 12.52g (13.91%), Cholesterol: 93.55mg (31.18%), Sodium: 15685.35mg (681.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.47g (82.93%), Vitamin B3: 18.8mg (94.02%), Vitamin B6: 1.86mg (92.79%), Selenium: 63.42µg (90.6%), Vitamin B12: 5.41µg (90.15%), Potassium: 1931.75mg (55.19%), Phosphorus: 543.79mg (54.38%), Vitamin B2: 0.75mg (43.86%), Fiber: 10.91g (43.63%), Vitamin B5: 4.13mg (41.34%), Vitamin B1: 0.57mg (37.93%), Manganese: 0.69mg (34.72%), Iron: 5.45mg (30.28%), Copper: 0.57mg (28.33%), Magnesium: 107.23mg (26.81%), Folate: 98.09µg (24.52%), Vitamin C: 15.65mg (18.98%), Zinc: 2.05mg (13.64%), Calcium: 87.73mg (8.77%), Vitamin A: 155.79IU (3.12%)