



## Taima's Catch - Cedar Plank Grilled Salmon

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bunch dill sprigs
- 1 bunch basil leaves fresh
- 1 clove garlic chopped
- 2 juice of lemon juiced
- 1 bunch lemon thyme chopped
- 1 lemon zest juiced
- 1 bunch marjoram chopped
- 0.5 cup olive oil extra-virgin

- 2 tablespoons olive oil extra-virgin
- 1 bunch oregano chopped
- 0.5 cup pinenuts toasted
- 2 fillet king salmon cut into 6 (5-ounce servings)
- 6 servings salt and pepper black freshly ground
- 6 servings vegetable oil

## Equipment

- food processor
- bowl
- grill

## Directions

- Special equipment: 2 cedar planks Alder wood chips, for smoker
- Soak the cedar planks in water for 20 to 30 minutes.
- Coat the salmon with olive oil and chopped herbs. Season with salt and pepper, to taste.
- Put the salmon in the smoker, set to cold smoking setting and smoke with the wood chips until ready to grill, 20 to 30 minutes.
- Pesto: Blitz the basil, pine nuts, garlic, lemon, and salt and pepper, to taste, in a food processor. Gradually add the extra-virgin olive oil and pulse until mixture is smooth.
- Put the pesto into a small serving bowl and set aside.
- Preheat the grill to medium.
- Drain the cedar planks and season the top of each plank with vegetable oil, salt and pepper, to taste, and dill sprigs. Put 3 pieces of salmon on each cedar plank and grill over medium heat for 12 to 15 minutes. Lemon juice the salmon once cooked.
- Transfer the salmon to a serving platter, top with pesto and serve.

## Nutrition Facts

  

 PROTEIN **14.18%**  FAT **80.14%**  CARBS **5.68%**

## Properties

Glycemic Index:32.83, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:19.760000021561%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 369.47kcal (18.47%), Fat: 33.91g (52.17%), Saturated Fat: 4.42g (27.61%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.88g (0.98%), Cholesterol: 31.17mg (10.39%), Sodium: 29.05mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.5g (27.01%), Vitamin K: 69.43µg (66.13%), Manganese: 1.29mg (64.26%), Selenium: 21.05µg (30.08%), Vitamin B12: 1.8µg (30.03%), Vitamin B6: 0.54mg (27.15%), Iron: 4.84mg (26.87%), Vitamin B3: 5.17mg (25.86%), Vitamin E: 3.52mg (23.44%), Phosphorus: 194.42mg (19.44%), Copper: 0.35mg (17.64%), Magnesium: 62.6mg (15.65%), Vitamin B2: 0.26mg (15.45%), Potassium: 434.89mg (12.43%), Vitamin B1: 0.19mg (12.42%), Vitamin C: 9mg (10.91%), Calcium: 102.96mg (10.3%), Vitamin B5: 1.01mg (10.07%), Fiber: 2.46g (9.82%), Vitamin A: 481.49IU (9.63%), Zinc: 1.28mg (8.54%), Folate: 33.42µg (8.36%)