



Taku Lodge Basted Grilled Salmon



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.1 lb butter
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup juice of lemon
- ☐ 8 servings lemon wedges
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 8 pieces boned wild thick (6 oz. each; max)

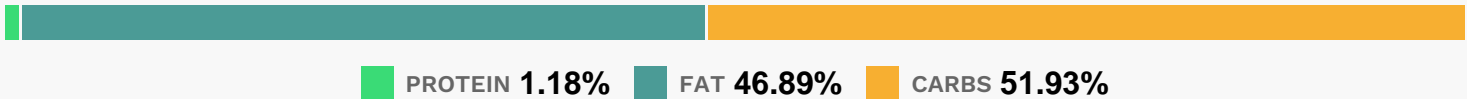
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ spatula

Directions

- ☐ In a large, wide bowl or 9- by 13-inch baking dish, stir brown sugar, wine, lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper until sugar is dissolved.
- ☐ Rinse fish and pat dry.
- ☐ Add to marinade and turn to coat. Cover and chill for 1 to 2 hours.
- ☐ Lift salmon from marinade and transfer to a 12- by 17-inch baking pan.
- ☐ Pour marinade into a 1 1/2- to 2-quart pan over medium-high heat; add butter and stir until butter is melted and mixture is simmering, 4 to 5 minutes.
- ☐ Lay salmon, skinned side down, on a generously oiled grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds).
- ☐ Brush fish generously with the baste; close lid if using a gas grill. Cook until salmon pieces are well browned on the bottom, 3 1/2 to 4 minutes (keep a spray bottle filled with clean water on hand to spritz any flare-ups). With a wide spatula, carefully turn pieces; brush tops with baste and continue to cook, basting often, until the salmon is just opaque but still moist-looking in the center of the thickest part (cut to test), about 5 to 6 minutes longer. Discard any remaining baste.
- ☐ Transfer salmon to a warm platter or plates and garnish with lemon wedges.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.0347825962564%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 118.91kcal (5.95%), Fat: 5.83g (8.98%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 14.48g (5.26%), Sugar: 13.7g (15.23%), Cholesterol: 15.79mg (5.26%), Sodium: 196.06mg (8.52%), Alcohol: 1.54g (100%), Alcohol %: 4.27% (100%), Protein: 0.33g (0.66%), Vitamin C: 3.48mg (4.22%), Vitamin A: 178.53IU (3.57%), Manganese: 0.04mg (1.8%), Calcium: 15.67mg (1.57%), Potassium: 45.63mg (1.3%), Vitamin B6: 0.03mg (1.3%), Vitamin E: 0.18mg (1.19%)