



 **30%**
HEALTH SCORE

Wildwood Ovens Bourbon Apple Glazed Cedar Plank Salmon

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple juice
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 1 cedar plank
- 2 garlic clove minced ()
- 1 T kosher salt
- 1 T pepper fresh black

- 2 pounds salmon fillet
- 0.3 cup irish whiskey

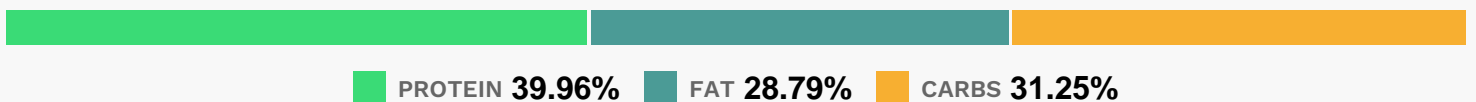
Equipment

- paper towels
- sauce pan
- oven
- grill
- kitchen thermometer

Directions

- Soak cedar plank in water for 2 hours. Rinse salmon under cold water and pat dry with paper towels.
- Place a medium sauce pan over medium high heat and add bourbon or brandy. Use caution as the alcohol can ignite; never pour directly from the bottle. When alcohol is reduced and there is only a small amount left, add apple juice, brown sugar, and garlic. Continue to cook over medium high heat until reduced to about of the original volume (should be slightly thinner than syrup).Season salmon with salt and pepper on both sides, brush skin side with olive oil and place on cedar plank, skin side down.
- Place cedar plank on a medium high grill, or in a wood fired oven pre-heated to 500F near the fire. Use a probe thermometer to check the internal temperature of the salmon after 10 minutes, and every 5 minutes or so thereafter. Once the salmon has an internal temperature of at least 100F, brush on the apple glaze that you made earlier, repeat this step every few minutes. Cook salmon until

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:21.696956521739%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Taste

Sweetness: 64.02%, Saltiness: 100%, Sourness: 36.21%, Bitterness: 11.83%, Savoriness: 73.73%, Fattiness: 48.44%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 331.96kcal (16.6%), Fat: 9.68g (14.89%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 23.28g (8.47%), Sugar: 21.79g (24.21%), Cholesterol: 83.16mg (27.72%), Sodium: 1236.42mg (53.76%), Alcohol: 3.54g (19.67%), Protein: 30.23g (60.46%), Vitamin B12: 4.81µg (80.13%), Selenium: 55.64µg (79.49%), Vitamin B6: 1.27mg (63.35%), Vitamin B3: 11.96mg (59.79%), Vitamin B2: 0.58mg (34.39%), Phosphorus: 309.43mg (30.94%), Vitamin B5: 2.58mg (25.8%), Vitamin B1: 0.35mg (23.62%), Potassium: 824.64mg (23.56%), Copper: 0.41mg (20.51%), Magnesium: 49.55mg (12.39%), Manganese: 0.21mg (10.73%), Folate: 38.18µg (9.55%), Iron: 1.52mg (8.42%), Zinc: 1.01mg (6.73%), Calcium: 43.63mg (4.36%), Vitamin K: 1.65µg (1.58%), Fiber: 0.36g (1.43%), Vitamin A: 66.45IU (1.33%)