

Cedar Plank Salmon (from Gourmet Magazine)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-magazines-india>

Ingredients:

- 2 pounds salmon filet skin on, 1 1/2" thick
- 2 tablespoons grainy mustard
- 2 tablespoons honey
- 1 teaspoon fresh rosemary minced
- zest a lemon
- pepper
- salt

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 125 milligrams
4. Fat: 30 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 7 grams
8. Sodium: 410 milligrams
9. Sugar: 9 grams

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