



Almond-Crusted Salmon with Leek and Lemon Cream

READY IN



45 min.

SERVINGS



6

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 1 cup almonds sliced chopped
- ☐ 4 tablespoons butter ()
- ☐ 1 large eggs beaten to blend
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 medium leeks white green halved thinly sliced (and pale parts only)
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 36 ounce salmon fillet skinless
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whipping cream

Equipment

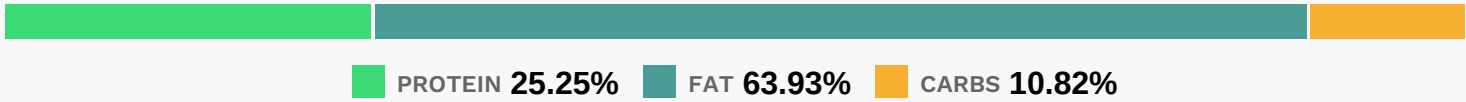
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt 2 tablespoons butter in heavy large saucepan over medium-high heat.
- ☐ Add leeks; sauté 2 minutes. Reduce heat to low; cover and cook until leeks are very tender, stirring occasionally, about 20 minutes. Increase heat to medium; add lemon juice and stir until liquid evaporates, about 1 minute.
- ☐ Mix in cream. Simmer until slightly reduced, about 2 minutes. Cool slightly.
- ☐ Transfer mixture to blender. Blend until smooth. Strain sauce into same saucepan, pressing on solids to extract as much liquid as possible. Season sauce to taste with salt and pepper. (Sauce can be made 1 day ahead. Cover and refrigerate.)
- ☐ Mix almonds, parsley, lemon peel, 1/2 teaspoon salt, and 1/8 teaspoon pepper on plate.
- ☐ Place flour on another plate.
- ☐ Sprinkle salmon with salt and pepper. Dredge salmon in flour, shaking off excess. Lightly brush 1 side of salmon with beaten egg. Press brushed side of salmon into almond mixture, pressing lightly to adhere. Arrange salmon, nut side up, on baking sheet.
- ☐ Melt 1 tablespoon butter with 1 tablespoon oil in each of 2 heavy large skillets over medium heat.
- ☐ Add half of salmon to each skillet, almond-coated side down, and cook until crust is brown, about 5 minutes. Turn salmon over. Sauté until salmon is cooked through and opaque in center, about 5 minutes.

- ☐ Transfer salmon to plates.
- ☐ Reheat sauce, stirring over medium heat. Spoon around salmon and serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:7.1, Inflammation Score:-9, Nutrition Score:37.568695648857%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 644.41kcal (32.22%), Fat: 46.02g (70.8%), Saturated Fat: 17.11g (106.95%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 14.57g (5.3%), Sugar: 3.3g (3.67%), Cholesterol: 189.44mg (63.15%), Sodium: 359.12mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.89g (81.79%), Selenium: 70.4µg (100.58%), Vitamin B12: 5.56µg (92.71%), Vitamin B6: 1.52mg (76.1%), Vitamin B3: 14.74mg (73.69%), Vitamin B2: 1mg (58.93%), Vitamin K: 59.8µg (56.95%), Phosphorus: 479.56mg (47.96%), Vitamin E: 5.58mg (37.19%), Vitamin B1: 0.53mg (35.45%), Vitamin A: 1635.85IU (32.72%), Copper: 0.65mg (32.53%), Vitamin B5: 3.25mg (32.52%), Potassium: 1085.65mg (31.02%), Manganese: 0.6mg (30.24%), Magnesium: 107.22mg (26.8%), Folate: 98.54µg (24.64%), Iron: 3.42mg (19.02%), Vitamin C: 11.32mg (13.72%), Zinc: 1.92mg (12.8%), Calcium: 119.4mg (11.94%), Fiber: 2.95g (11.81%), Vitamin D: 0.8µg (5.34%)