



Blackened Salmon with Blue Cheese Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cheese crumbles blue
- 2 tablespoons butter
- 1.5 tablespoons cayenne pepper
- 1 tablespoon grapeseed oil for frying
- 0.5 cup heavy cream
- 1 tablespoon penzey's southwest seasoning italian
- 2 tablespoons paprika
- 1 teaspoon cracked pepper black

- 24 ounce salmon fillet boneless skinless
- 2 tablespoons salt
- 0.3 cup white wine

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

Directions

- Preheat oven to 400 degrees F.
- In a small bowl, combine the Italian seasoning, black pepper, paprika, salt, and cayenne. Season each piece of fish with the rub.
- Heat a large skillet over medium-high heat and add the butter and oil. Once the butter has melted, add the fish and cook about 2 minutes per side.
- Transfer the whole pan to the oven and cook for another 4 to 6 minutes.
- Place the white wine into a medium saucepan and reduce by half.
- Add the heavy cream and allow to reduce.
- Add the blue cheese and whisk until smooth.
- Serve on top of the salmon.

Nutrition Facts



PROTEIN 32.02% **FAT 63.32%** **CARBS 4.66%**

Properties

Glycemic Index:57.5, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:33.60565221828%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 521.12kcal (26.06%), Fat: 36.01g (55.4%), Saturated Fat: 17.07g (106.7%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.75g (1.95%), Cholesterol: 161.21mg (53.74%), Sodium: 3911.3mg (170.06%), Alcohol: 1.54g (100%), Alcohol %: 0.73% (100%), Protein: 40.96g (81.93%), Vitamin B12: 5.78µg (96.29%), Selenium: 67.21µg (96.01%), Vitamin B6: 1.59mg (79.35%), Vitamin B3: 14.24mg (71.22%), Vitamin A: 3401.5IU (68.03%), Vitamin B2: 0.87mg (51.26%), Phosphorus: 478.91mg (47.89%), Vitamin B5: 3.46mg (34.65%), Potassium: 1079.55mg (30.84%), Vitamin B1: 0.42mg (27.95%), Copper: 0.49mg (24.42%), Calcium: 211.85mg (21.19%), Magnesium: 72.27mg (18.07%), Vitamin E: 2.51mg (16.75%), Iron: 2.94mg (16.31%), Folate: 59.94µg (14.98%), Vitamin K: 15.02µg (14.3%), Zinc: 2.1mg (14.03%), Manganese: 0.28mg (13.78%), Fiber: 2.39g (9.56%), Vitamin D: 0.6µg (4.02%), Vitamin C: 1.67mg (2.03%)