



Broiled Salmon with Cucumber-Dill Sauce



Gluten Free



Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.8 cup cucumber peeled seeded chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.8 cup heavy whipping cream sour reduced-fat
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt divided
- ☐ 1 small shallots peeled finely chopped

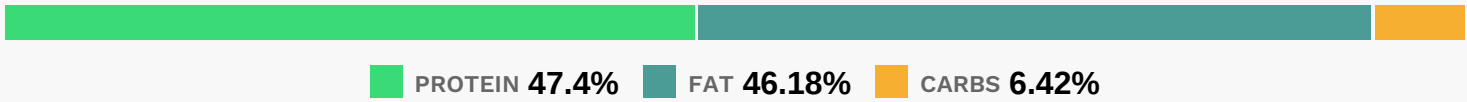
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients in a small serving bowl; stir in 1/4 teaspoon each of salt and pepper. Cover and chill until ready to serve.
- ☐ Sprinkle fillets with remaining salt and pepper.
- ☐ Place fillets, skin side up, on broiler rack coated with cooking spray. Broil 7 minutes; turn fillets, and broil 5 to 7 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove skin from fillets.
- ☐ Serve fillets with sauce and lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:25.330434446749%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 308.39kcal (15.42%), Fat: 15.41g (23.71%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.93g (1.04%), Cholesterol: 108.65mg (36.22%), Sodium: 402.74mg (17.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.59g (71.19%), Vitamin B12: 5.59µg (93.17%), Selenium: 63.54µg (90.76%), Vitamin B6: 1.44mg (71.77%), Vitamin B3: 13.43mg (67.14%), Vitamin B2: 0.71mg (41.57%), Phosphorus: 380.33mg (38.03%), Vitamin B5: 2.91mg (29.13%), Potassium: 984.55mg (28.13%), Vitamin B1: 0.41mg (27.57%), Copper: 0.46mg (22.96%), Magnesium: 58.49mg (14.62%), Folate: 53.23µg (13.31%), Zinc: 1.38mg (9.18%), Calcium: 88.73mg (8.87%), Iron: 1.56mg (8.67%), Manganese: 0.1mg (4.94%), Vitamin A: 244.5IU (4.89%), Vitamin K: 2.47µg (2.35%), Vitamin C: 1.86mg (2.25%), Fiber: 0.44g (1.77%)