



Broiled Salmon With Tomato Cream Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.3 cup heavy cream
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.5 cups lima beans *soaked overnight frozen
- ☐ 1.5 cups peas frozen
- ☐ 24 ounce center-cut salmon fillets wild preferably
- ☐ 1 medium shallots minced

- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Combine the lima beans and 1 cup water in a medium saucepan over medium heat; bring to a simmer, then cover and cook until almost tender, about 7 minutes.
- ☐ Add the peas, 1/4 teaspoon salt, and pepper to taste; cover and cook until the peas and beans are tender, about 5 more minutes.
- ☐ Drain and return to the pan.
- ☐ Add 1 tablespoon butter and the parsley; stir to coat. Meanwhile, put the salmon skin-side down on a baking sheet lined with foil; season lightly with salt and pepper. Broil until browned on top, 6 to 8 minutes.
- ☐ Heat the remaining 1 tablespoon butter in another saucepan over medium heat; add the shallot and cook until translucent, about 2 minutes.
- ☐ Add the vinegar and boil until reduced by half, about 2 more minutes. Stir in the tomato paste, then add the heavy cream and 3/4 cup water and simmer until thickened, about 2 minutes; stir in the herbs.
- ☐ Drizzle over the salmon and serve with the bean mixture.
- ☐ Photograph by Johnny Miller

Nutrition Facts



 PROTEIN **36.12%**  FAT **41.93%**  CARBS **21.95%**

Properties

Glycemic Index:63.21, Glycemic Load:6.5, Inflammation Score:-8, Nutrition Score:38.679130637127%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 485.43kcal (24.27%), Fat: 22.5g (34.61%), Saturated Fat: 8.83g (55.19%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 17.78g (6.46%), Sugar: 7.04g (7.82%), Cholesterol: 125.41mg (41.8%), Sodium: 343.74mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.22%), Selenium: 67.33µg (96.19%), Vitamin B12: 5.44µg (90.75%), Vitamin B6: 1.68mg (84.21%), Vitamin B3: 15.24mg (76.22%), Phosphorus: 504.53mg (50.45%), Vitamin B2: 0.83mg (48.54%), Vitamin B1: 0.66mg (43.98%), Potassium: 1503.45mg (42.96%), Manganese: 0.8mg (40.09%), Copper: 0.74mg (36.92%), Folate: 146.59µg (36.65%), Fiber: 8.72g (34.9%), Vitamin B5: 3.26mg (32.64%), Vitamin C: 26.33mg (31.92%), Vitamin K: 33.22µg (31.64%), Magnesium: 110.32mg (27.58%), Iron: 4.84mg (26.87%), Vitamin A: 1157.59IU (23.15%), Zinc: 2.63mg (17.54%), Calcium: 84.56mg (8.46%), Vitamin E: 0.85mg (5.67%), Vitamin D: 0.34µg (2.29%)