



Creamed Salmon with Fresh Corn and Dill

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon teaspoon dill dried fresh chopped
- ☐ 4 ears shucked corn
- ☐ 4 teaspoons flour all-purpose
- ☐ 4 inch bread french toasted
- ☐ 1 inch onion
- ☐ 0.8 pound salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper white

☐ 1 cup milk whole divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Sprinkle both sides of the salmon fillet with black pepper.
- ☐ Place the salmon fillet on a grill rack or broiler pan coated with cooking spray, and grill the salmon for 5 minutes on each side or until the fish flakes easily when tested with a fork. Flake the salmon.
- ☐ Cut off the tops of the corn kernels, and scrape the corn milk and remaining pulp from the cobs using the dull side of a knife blade. Set the corn kernels and corn milk aside.
- ☐ Combine 3/4 cup milk and onion slices in a large saucepan. Bring the milk mixture just to a boil over medium heat; cover, reduce heat, and simmer 5 minutes. Discard the onion.
- ☐ Add the corn and corn milk to pan, and cook 5 minutes, stirring frequently.
- ☐ Combine the flour and 1/4 cup milk in a small bowl, and stir flour mixture well with a whisk.
- ☐ Add flour mixture, salt, and white pepper to corn mixture in pan, and stir well. Cook 7 minutes or until thick, stirring constantly.
- ☐ Remove from heat, and gently stir in salmon and dill.
- ☐ Serve over toasted bread slices.

Nutrition Facts



 **PROTEIN 34.6%**  **FAT 30.15%**  **CARBS 35.25%**

Properties

Glycemic Index:66.88, Glycemic Load:3.23, Inflammation Score:-5, Nutrition Score:18.473043465096%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 249.94kcal (12.5%), Fat: 8.65g (13.31%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 20.77g (7.55%), Sugar: 8.72g (9.69%), Cholesterol: 54.1mg (18.03%), Sodium: 380.23mg (16.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.67%), Vitamin B12: 3.03µg (50.57%), Selenium: 34.16µg (48.8%), Vitamin B3: 8.59mg (42.93%), Vitamin B6: 0.82mg (41.08%), Phosphorus: 317.3mg (31.73%), Vitamin B2: 0.48mg (28.14%), Vitamin B1: 0.4mg (26.67%), Vitamin B5: 2.31mg (23.08%), Potassium: 759.83mg (21.71%), Magnesium: 66.99mg (16.75%), Folate: 66.15µg (16.54%), Copper: 0.27mg (13.6%), Manganese: 0.21mg (10.69%), Calcium: 90.08mg (9.01%), Zinc: 1.25mg (8.36%), Fiber: 1.99g (7.95%), Iron: 1.38mg (7.67%), Vitamin C: 6.28mg (7.61%), Vitamin A: 309.55IU (6.19%), Vitamin D: 0.67µg (4.47%)