



Curry Salmon with Broccoli

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



6

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds broccoli chopped
- 21.5 ounce campbell's® condensed cream of celery soup canned
- 2 teaspoons curry powder
- 1 cup mayonnaise
- 2 pounds salmon fillet skinless
- 3 cups water
- 1.5 cups rice long grain white uncooked
- 1 cup white wine

Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.
- Bring the rice and water to boil in a pot. Cover, reduce heat to low, and simmer 25 minutes.
- Arrange broccoli in the bottom of the baking dish.
- Mix the cream of celery soup, mayonnaise, wine, and curry in a bowl, and pour 1/2 evenly over the broccoli.
- Cut salmon into chunks and place in baking dish. Top with remaining soup mixture.
- Bake 45 minutes in the preheated oven, until broccoli is tender and fish flakes easily with a fork.
- Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:24.48, Inflammation Score:-9, Nutrition Score:44.783043405284%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 11.86mg, Kaempferol: 11.86mg, Kaempferol: 11.86mg, Kaempferol: 11.86mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 796.9kcal (39.84%), Fat: 43g (66.15%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 50.44g (18.34%), Sugar: 4.61g (5.12%), Cholesterol: 110.01mg (36.67%), Sodium: 888.25mg (38.62%), Alcohol: 4.12g (100%), Alcohol %: 0.81% (100%), Protein: 39.37g (78.74%), Vitamin K: 233.42µg (222.3%), Vitamin C: 135.15mg (163.81%), Selenium: 68.79µg (98.27%), Vitamin B12: 4.89µg (81.56%), Vitamin B6: 1.62mg (80.9%), Vitamin B3: 13.93mg (69.63%), Manganese: 1.13mg (56.3%), Phosphorus: 503.22mg (50.32%), Vitamin B2: 0.83mg (48.75%), Vitamin B5: 4.87mg (48.68%), Potassium: 1417.55mg (40.5%), Folate: 142.08µg (35.52%), Copper: 0.7mg (35.08%), Vitamin B1: 0.51mg (34.15%), Vitamin E: 4.01mg (26.76%), Vitamin A: 1319.75IU (26.4%), Magnesium: 99.49mg (24.87%), Fiber: 5.36g (21.45%), Iron: 3.57mg (19.86%), Zinc: 2.36mg (15.71%), Calcium: 147.99mg (14.8%)