



Fillets of Salmon with Tomato Cream

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter divided
- ☐ 0.3 cup chablis wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup tomatoes diced seeded
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup whipping cream

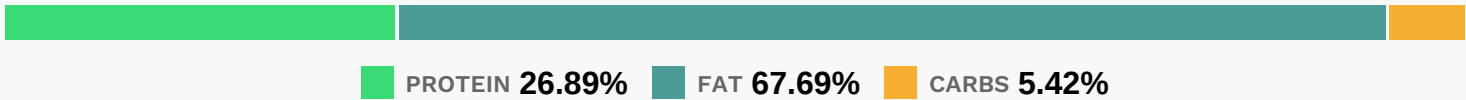
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle fillets with 1/2 teaspoon salt and 1/4 teaspoon pepper; dredge fillets in flour.
- ☐ Cook fillets in 3 tablespoons butter and hot oil in a large skillet over medium-high heat 2 to 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fillets from skillet, and place on a serving platter. Set aside; keep warm.
- ☐ Drain fat from skillet.
- ☐ Add wine; bring to a boil. Reduce heat, and simmer until reduced by half.
- ☐ Add whipping cream and tomato paste; cook, stirring constantly, until slightly thickened. Reduce heat, and add remaining 3 tablespoons butter, stirring until butter melts.
- ☐ Add tomato and next 3 ingredients; stir well. Spoon sauce evenly over salmon fillets, and serve immediately.
- ☐ Garnish with fresh chives, if desired.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:18.632173906202%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.07mg,

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 363.25kcal (18.16%), Fat: 26.64g (40.98%), Saturated Fat: 11.24g (70.26%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.39g (1.6%), Sugar: 1.36g (1.51%), Cholesterol: 105.12mg (35.04%), Sodium: 429.06mg (18.65%), Alcohol: 1.03g (100%), Alcohol %: 0.73% (100%), Protein: 23.81g (47.61%), Selenium: 43.52µg (62.17%), Vitamin B12: 3.65µg (60.9%), Vitamin B6: 0.96mg (47.94%), Vitamin B3: 9.33mg (46.63%), Vitamin B2: 0.5mg (29.37%), Phosphorus: 252.4mg (25.24%), Vitamin B5: 1.99mg (19.88%), Vitamin B1: 0.3mg (19.85%), Potassium: 648.5mg (18.53%), Copper: 0.31mg (15.59%), Vitamin A: 761.36IU (15.23%), Vitamin K: 13.24µg (12.61%), Folate: 39.64µg (9.91%), Magnesium: 39.38mg (9.85%), Iron: 1.28mg (7.09%), Vitamin E: 0.96mg (6.4%), Zinc: 0.87mg (5.77%), Manganese: 0.09mg (4.74%), Vitamin C: 2.99mg (3.63%), Calcium: 34.21mg (3.42%), Vitamin D: 0.32µg (2.12%), Fiber: 0.42g (1.67%)