



Grilled Salmon with Mustard-Wine Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup cooking wine dry white such as pinot grigio
- ☐ 1 tablespoon flour
- ☐ 1 teaspoon basil leaves fresh chopped
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.8 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 36 oz salmon fillet
- ☐ 0.5 teaspoon salt

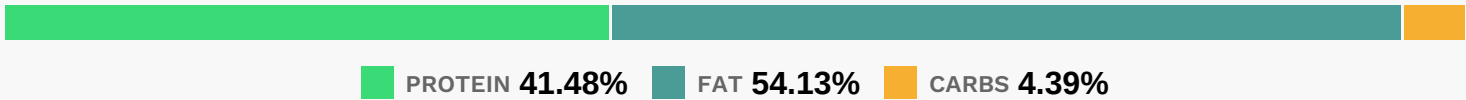
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare a grill for high heat (450 to 550; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). In a small bowl, combine garlic, salt, 1/2 tsp. pepper, the oil, and lemon juice.
- ☐ Brush mixture over salmon, then cook, turning once, until done the way you like, about 6 minutes total for medium.
- ☐ In a small saucepan, melt butter over medium heat. Stir in flour and cook until starting to brown.
- ☐ Whisk in remaining 1/2 tsp. pepper, the paprika, milk, mustard, wine, and 3 tbsp. water. Cook until simmering, then spoon over salmon and sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:25.679130507552%

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 Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 353.53kcal (17.68%), Fat: 20.44g (31.45%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.79g (1.99%), Cholesterol: 107.25mg (35.75%), Sodium: 366.17mg (15.92%), Alcohol: 1.03g (100%), Alcohol %: 0.56% (100%), Protein: 35.24g (70.49%), Vitamin B12: 5.58µg (93.03%), Selenium: 64.95µg (92.78%), Vitamin B6: 1.43mg (71.61%), Vitamin B3: 13.55mg (67.73%), Vitamin B2: 0.7mg (41.47%), Phosphorus: 382.9mg (38.29%), Vitamin B5: 2.99mg (29.93%), Vitamin B1: 0.42mg (28.31%), Potassium: 911.92mg (26.05%), Copper: 0.44mg (21.98%), Magnesium: 58.08mg (14.52%), Folate: 46.58µg (11.65%), Iron: 1.64mg (9.09%), Zinc: 1.29mg (8.61%), Calcium: 66.6mg (6.66%), Vitamin A: 323.24IU (6.46%), Manganese: 0.12mg (6.22%), Vitamin E: 0.87mg (5.83%), Vitamin K: 4.1µg (3.91%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.34µg (2.24%), Fiber: 0.42g (1.68%)