



Mustard-Roasted Salmon with Lingonberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons lingonberry preserves
- ☐ 2 tablespoons raspberry vinegar
- ☐ 12 ounce salmon fillet
- ☐ 2 tablespoons shallots chopped
- ☐ 2 tablespoons butter unsalted divided melted

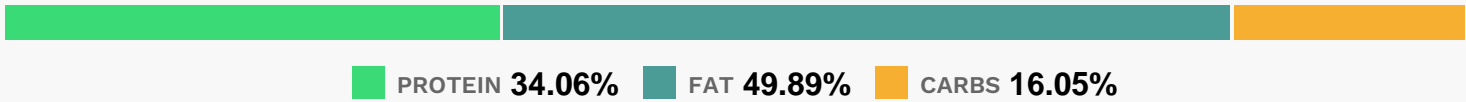
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Stir 2 tablespoons mustard and 1 tablespoon melted butter in small dish. Oil small rimmed baking sheet and place salmon on sheet, skin side down.
- ☐ Sprinkle salmon with salt.
- ☐ Spread top of salmon with mustard mixture and season generously with pepper.
- ☐ Bake until salmon is cooked through and mustard browns, about 10 minutes.
- ☐ Meanwhile, heat remaining 1 tablespoon butter in heavy small skillet over medium heat.
- ☐ Add shallots and sauté 2 minutes.
- ☐ Add preserves and vinegar; stir until preserves melt and mixture is smooth. Bring to simmer. Season sauce to taste with salt and pepper.
- ☐ Spoon sauce over fish and serve.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:7.97, Inflammation Score:-5, Nutrition Score:25.715652471003%

Nutrients (% of daily need)

Calories: 417.02kcal (20.85%), Fat: 22.67g (34.88%), Saturated Fat: 8.9g (55.64%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.22g (5.53%), Sugar: 10.77g (11.96%), Cholesterol: 123.65mg (41.22%), Sodium: 249.73mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.83g (69.66%), Selenium: 67.86µg (96.94%), Vitamin B12: 5.43µg (90.55%), Vitamin B6: 1.44mg (72.03%), Vitamin B3: 13.49mg (67.43%), Vitamin B2: 0.68mg (39.9%), Phosphorus: 370.75mg (37.08%), Vitamin B5: 2.92mg (29.24%), Vitamin B1: 0.42mg (28.18%), Potassium: 919.09mg (26.26%), Copper: 0.47mg (23.43%), Magnesium: 60.46mg (15.11%), Folate: 49.59µg (12.4%), Iron: 1.85mg (10.28%), Vitamin A: 428.95IU (8.58%), Zinc: 1.26mg (8.37%), Manganese: 0.16mg (8.24%), Fiber: 1.18g (4.74%), Calcium: 41.97mg (4.2%), Vitamin C: 2.62mg (3.18%), Vitamin E: 0.41mg (2.7%), Vitamin D: 0.21µg (1.4%), Vitamin K: 1.28µg (1.22%)