



Pepper-Roasted Salmon With Mustard-Herb Cream Sauce



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chives chopped
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup optional: dill fresh minced
- ☐ 1 garlic clove peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 3 pound salmon fillet

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 14 ounces spicy tofu light drained
- ☐ 2 teaspoons coarsely ground peppercorns mixed divided

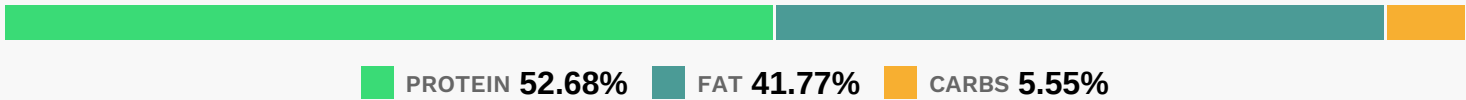
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place tofu and garlic in a food processor, and process until smooth.
- ☐ Add sour cream, mustard, and lemon juice; process until blended. Stir in chives, dill, and 1/2 teaspoon ground peppercorns. Cover and chill.
- ☐ Preheat oven to 45
- ☐ Place the salmon, skin side down, on a baking sheet coated with cooking spray.
- ☐ Brush fillet with oil; sprinkle with 1 1/2 teaspoons ground peppercorns and salt.
- ☐ Bake at 450 for 12 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve sauce with salmon.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:25.779129909432%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg

0.81mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 303.27kcal (15.16%), Fat: 13.73g (21.13%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.37g (0.41%), Cholesterol: 94.42mg (31.47%), Sodium: 226.17mg (9.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.98g (77.95%), Selenium: 64.64µg (92.34%), Vitamin B12: 5.44µg (90.63%), Vitamin B6: 1.41mg (70.6%), Vitamin B3: 13.46mg (67.32%), Vitamin B2: 0.67mg (39.67%), Phosphorus: 360.25mg (36.03%), Vitamin B5: 2.88mg (28.81%), Vitamin B1: 0.4mg (26.94%), Potassium: 890.59mg (25.45%), Copper: 0.45mg (22.66%), Magnesium: 56.93mg (14.23%), Iron: 2.3mg (12.78%), Folate: 49.37µg (12.34%), Manganese: 0.23mg (11.28%), Calcium: 109.02mg (10.9%), Zinc: 1.22mg (8.12%), Vitamin K: 7.52µg (7.16%), Vitamin A: 324.82IU (6.5%), Vitamin C: 3.57mg (4.32%), Fiber: 1.02g (4.1%)