



Pistachio Crusted Salmon with Lemon Cream Sauce

READY IN



28 min.

SERVINGS



2

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.1 teaspoon juice of lemon fresh

- ☐ 2 teaspoons lemon zest
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup pistachios plus more for garnish finely chopped
- ☐ 8 ounce salmon fillet fresh
- ☐ 0.5 teaspoon salt

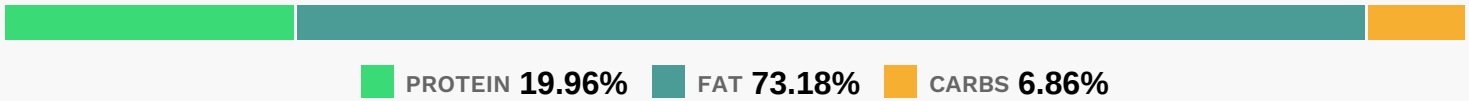
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a shallow dish, combine the pistachios, salt, and pepper. Dredge the salmon in the pistachio mixture, pressing gently to coat.
- ☐ In a small skillet, heat the oil and garlic over medium heat.
- ☐ Add the salmon and cook until browned, about 2 to 3 minutes. Reduce the heat to medium; turn the salmon and cook until salmon flakes easily with fork, about 2 or 3 minutes more.
- ☐ Transfer the fillets to serving plates.
- ☐ Serve with Lemon Cream Sauce, and garnish with chopped pistachios, if desired.
- ☐ In a small saucepan, melt the butter over medium-high heat.
- ☐ Add the flour, whisking to combine and cook for 2 minutes. Reduce the heat to medium; stir in the broth and cream and simmer until thickened, whisking frequently, about 3 minutes.
- ☐ Add the lemon zest, lemon juice, salt, and pepper, whisking to combine. Cook for 2 minutes, whisking constantly.
- ☐ Pour into a serving dish and serve with the salmon.

Nutrition Facts



Properties

Glycemic Index:102.5, Glycemic Load:2.75, Inflammation Score:-6, Nutrition Score:22.973912943964%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 544.58kcal (27.23%), Fat: 44.78g (68.89%), Saturated Fat: 14.36g (89.77%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 7.35g (2.67%), Sugar: 2.42g (2.69%), Cholesterol: 112.21mg (37.4%), Sodium: 903.26mg (39.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.95%), Selenium: 45.19µg (64.56%), Vitamin B12: 3.68µg (61.29%), Vitamin B6: 1.23mg (61.25%), Vitamin B3: 9.51mg (47.55%), Vitamin B2: 0.57mg (33.61%), Phosphorus: 331.04mg (33.1%), Vitamin B1: 0.44mg (29.53%), Copper: 0.52mg (25.77%), Potassium: 774.31mg (22.12%), Vitamin B5: 2.09mg (20.95%), Vitamin E: 2.84mg (18.96%), Manganese: 0.35mg (17.56%), Vitamin A: 726.48IU (14.53%), Magnesium: 56.8mg (14.2%), Folate: 44.92µg (11.23%), Iron: 1.95mg (10.82%), Vitamin K: 10.73µg (10.21%), Fiber: 2.09g (8.35%), Zinc: 1.24mg (8.27%), Calcium: 62.44mg (6.24%), Vitamin C: 4.23mg (5.13%), Vitamin D: 0.48µg (3.17%)