



Roasted Salmon with White Wine Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1.5 pound salmon fillet skinless
- ☐ 4 servings salt to taste
- ☐ 1 tablespoon butter unsalted

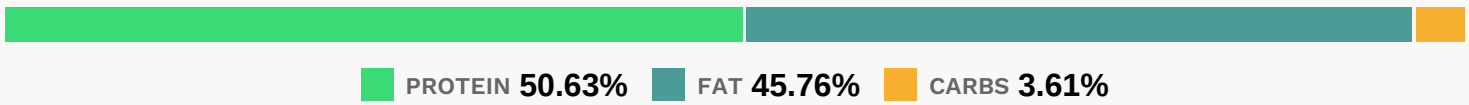
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat an oven to 450 degrees F (230 degrees C).
- ☐ Place the salmon fillet on a rimmed baking sheet, and season with salt.
- ☐ Bake in the preheated oven until the fish flakes easily with a fork, about 15 minutes.
- ☐ Meanwhile, melt the butter in a small saucepan.
- ☐ Whisk in the flour, cooking for 1 minute, then stir in the wine. Bring to a boil, then reduce heat to medium low. Simmer until the liquid is reduced by half, 8 to 10 minutes. Stir in the chives and season with salt and pepper. Break the salmon into large chunks, and serve topped with the sauce.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:24.04869597632%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 319.95kcal (16%), Fat: 13.64g (20.99%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.35g (0.85%), Sugar: 0.6g (0.66%), Cholesterol: 101.08mg (33.69%), Sodium: 272.08mg (11.83%), Alcohol: 6.18g (100%), Alcohol %: 3.32% (100%), Protein: 33.96g (67.91%), Vitamin B12: 5.41µg (90.25%), Selenium: 62.53µg (89.33%), Vitamin B6: 1.42mg (71.16%), Vitamin B3: 13.5mg (67.5%), Vitamin B2: 0.66mg (38.97%),

Phosphorus: 353.51mg (35.35%), Vitamin B5: 2.87mg (28.69%), Vitamin B1: 0.4mg (26.41%), Potassium: 881.58mg (25.19%), Copper: 0.43mg (21.62%), Magnesium: 56.11mg (14.03%), Folate: 45.86µg (11.47%), Iron: 1.59mg (8.85%), Zinc: 1.18mg (7.84%), Manganese: 0.12mg (6.02%), Vitamin A: 188.7IU (3.77%), Calcium: 28.05mg (2.81%), Vitamin K: 2.25µg (2.14%)