



Roasted Side of Salmon with Shallot Cream



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup crème fraîche
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1.1 teaspoons kosher salt divided
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 tablespoon milk 2% reduced-fat
- ☐ 1 tablespoon olive oil

- ☐ 3 pound salmon fillet boneless
- ☐ 2 tablespoons shallots finely minced

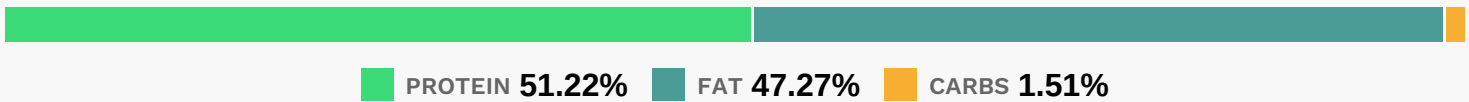
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 5 ingredients and 1/8 teaspoon salt in a small bowl, stirring with a whisk.
- ☐ Place fish, skin side down, on a parchment-lined baking sheet. Rub fish with oil; sprinkle with remaining 1 teaspoon salt and pepper.
- ☐ Bake at 450 for 8 minutes.
- ☐ Remove from oven.
- ☐ Preheat broiler to high.
- ☐ Broil fish 4 minutes or until desired degree of doneness.
- ☐ Sprinkle with chives.
- ☐ Cut fish crosswise into 6 equal portions, top evenly with shallot cream, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:29.889130486094%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 366.17kcal (18.31%), Fat: 18.64g (28.67%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.76g (0.84%), Cholesterol: 130.59mg (43.53%), Sodium: 540.51mg (23.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.44g (90.87%), Vitamin B12: 7.25µg (120.76%), Selenium: 83.25µg (118.93%), Vitamin B6: 1.87mg (93.67%), Vitamin B3: 17.85mg (89.26%), Vitamin B2: 0.88mg (52.03%), Phosphorus: 465.87mg (46.59%), Vitamin B5: 3.83mg (38.31%), Vitamin B1: 0.52mg (34.56%), Potassium: 1143.5mg (32.67%), Copper: 0.58mg (28.77%), Magnesium: 68.32mg (17.08%), Folate: 59.44µg (14.86%), Iron: 1.91mg (10.6%), Zinc: 1.52mg (10.1%), Calcium: 42.83mg (4.28%), Manganese: 0.07mg (3.63%), Vitamin A: 181IU (3.62%), Vitamin K: 2.92µg (2.78%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.19mg (1.44%)