



Salmón con Salsa de Alcaparras (Salmon with Capers Sauce)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 tablespoons capers
- ☐ 3 garlic cloves minced
- ☐ 1 juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 4 fillet salmon
- ☐ 4 servings salt and pepper

☐ 2 tablespoons white wine

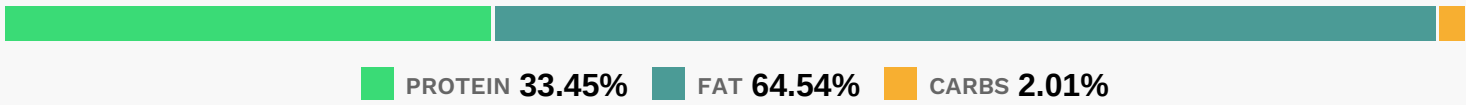
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ In a large nonstick saucepan over medium heat, melt the butter with the olive oil.
- ☐ Place the salmon in the pan and cook, turning once, until browned on both sides about 4 minutes per side, 8 minutes total.
- ☐ Transfer the salmon to a plate, cover with aluminum foil and set aside.
- ☐ Add the garlic to the pan and cook for 1 minute.
- ☐ Add the wine, lemon zest and juice. Cook for 3 minutes more.
- ☐ Add the capers and season with salt and pepper. Top the salmon with the sauce and serve warm.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:25.240434765816%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 15.77mg, Kaempferol: 15.77mg, Kaempferol: 15.77mg, Kaempferol: 15.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 20.78mg, Quercetin: 20.78mg, Quercetin: 20.78mg, Quercetin: 20.78mg

Nutrients (% of daily need)

Calories: 418.92kcal (20.95%), Fat: 29.42g (45.26%), Saturated Fat: 9.96g (62.24%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.34g (0.38%), Cholesterol: 124mg (41.33%), Sodium: 693.07mg (30.13%), Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 34.31g (68.61%), Vitamin B12: 5.43µg (90.5%), Selenium: 62.67µg (89.53%), Vitamin B6: 1.43mg (71.44%), Vitamin B3: 13.48mg (67.38%), Vitamin B2: 0.67mg (39.54%), Phosphorus: 350mg (35%), Vitamin B5: 2.87mg (28.74%), Vitamin B1: 0.39mg (26.25%), Potassium: 863.39mg (24.67%), Copper: 0.48mg (23.91%), Magnesium: 55.31mg (13.83%), Folate: 47.33µg (11.83%), Vitamin E: 1.46mg (9.71%), Iron: 1.67mg (9.27%), Vitamin A: 439.76IU (8.8%), Zinc: 1.18mg (7.86%), Vitamin K: 8.23µg (7.84%), Vitamin C: 4.12mg (4.99%), Manganese: 0.08mg (4.22%), Calcium: 33.99mg (3.4%), Fiber: 0.45g (1.82%)