



Salmon in Creamy Silk Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 tablespoon mint leaves fresh chopped
- 0.3 cup rosemary fresh
- 0.3 cup thyme leaves fresh
- 4 cloves garlic diced
- 1.3 cups heavy cream
- 6 slices optional: lemon
- 3 tablespoons olive oil

- 0.5 cup onion diced
- 16 ounce fillets salmon

Equipment

- sauce pan
- baking paper
- blender
- double boiler

Directions

- Tear a 2 foot piece of parchment paper and place lemon slices in the middle, lengthwise.
- Place fresh rosemary and thyme on top of lemon slices.
- Lay salmon filets on top of herbs. Divide 1 tablespoon of butter among each filet. Fold and seal the parchment paper being careful that the lemon slices and herbs stay on the bottom. Wrap another piece of parchment paper tightly around the fish.
- Place fish packet into a double boiler for 25 to 30 minutes. While fish is cooking, make the sauce.
- In a saucepan, combine the remaining 1/4 cup of butter, olive oil, garlic and onion; cook and stir on medium heat for 15 minutes, until onions are transparent. Do not over brown.
- Pour in heavy cream and cook until it begins to thicken.
- Remove from the heat.
- Pour the hot butter mixture into a blender.
- Add fresh mint and blend on high for 10 to 15 seconds.
- Pour back into the saucepan to warm and thicken for 2 to 3 minutes, stirring constantly. Do not let it sit too long, or it will begin to break down.
- When fish is done, remove from parchment paper and place on a warm plate. Spoon sauce over top of fish.

Nutrition Facts

  

 PROTEIN **15.21%**  FAT **80.51%**  CARBS **4.28%**

Properties

Glycemic Index:44.38, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:22.6599998888876%

Flavonoids

Eriodictyol: 2.63mg, Eriodictyol: 2.63mg, Eriodictyol: 2.63mg, Eriodictyol: 2.63mg Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 663.79kcal (33.19%), Fat: 60.1g (92.47%), Saturated Fat: 29.47g (184.19%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 5.76g (2.09%), Sugar: 3.32g (3.69%), Cholesterol: 187.08mg (62.36%), Sodium: 194.42mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.11%), Selenium: 44.38µg (63.4%), Vitamin B12: 3.76µg (62.62%), Vitamin B6: 1.04mg (52.04%), Vitamin B3: 9.11mg (45.56%), Vitamin A: 1850.44IU (37.01%), Vitamin B2: 0.61mg (35.71%), Phosphorus: 291.55mg (29.16%), Vitamin B5: 2.19mg (21.89%), Potassium: 722.18mg (20.63%), Vitamin B1: 0.29mg (19.63%), Vitamin E: 2.66mg (17.72%), Copper: 0.34mg (16.86%), Vitamin C: 13.7mg (16.6%), Magnesium: 49.1mg (12.27%), Folate: 41.47µg (10.37%), Iron: 1.87mg (10.37%), Calcium: 99.88mg (9.99%), Vitamin K: 10.16µg (9.67%), Manganese: 0.18mg (8.86%), Vitamin D: 1.19µg (7.93%), Zinc: 1.08mg (7.18%), Fiber: 1.43g (5.71%)