



Salmon in Saffron Mussel Sauce

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 cup canned tomatoes with added puree canned crushed
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.5 cup wine dry white
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 pound mussels scrubbed
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 32 ounce salmon fillet skinless
- ☐ 0.8 cup whipping cream ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Combine mussels and wine in large saucepan over medium-high heat. Cover and cook until mussels begin to open, stirring occasionally, about 4 minutes. Using slotted spoon, transfer mussels to large bowl (discard any mussels that do not open).
- ☐ Pour liquid from saucepan into 2-cup measuring cup. Stir in saffron.
- ☐ Let cooking liquid stand 15 minutes.
- ☐ Add enough cream to cooking liquid to measure 1 1/3 cups.
- ☐ Transfer to large saucepan. Stir in tomatoes, garlic, bay leaf, and cayenne. Simmer over medium heat until sauce thickens slightly, about 5 minutes. Season with salt and pepper. (Can be made 4 hours ahead. Cover and chill mussels and sauce separately.)
- ☐ Heat oil in large nonstick skillet over high heat.
- ☐ Add salmon, rounded side down. Cook until bottom is golden, about 3 minutes. Turn salmon over. Reduce heat to low; cover and cook until salmon is opaque in center, about 4 minutes longer.
- ☐ Remove from heat. Leave covered to keep warm.
- ☐ Bring sauce in large saucepan to simmer over low heat.
- ☐ Add mussels in shells; stir until heated through, about 2 minutes. Stir in lemon juice.
- ☐ Place 1 salmon fillet on each of 4 plates. Divide mussels among plates. Spoon sauce over salmon and mussels.

Nutrition Facts

PROTEIN 38.35% FAT 56.84% CARBS 4.81%

Properties

Glycemic Index:58.75, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:40.479999739191%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 590.3kcal (29.52%), Fat: 35.39g (54.44%), Saturated Fat: 13.23g (82.71%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.12g (2.23%), Sugar: 2.95g (3.28%), Cholesterol: 191.36mg (63.79%), Sodium: 318.92mg (13.87%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 53.72g (107.45%), Vitamin B12: 14.22µg (237.06%), Selenium: 110.35µg (157.65%), Manganese: 2.11mg (105.65%), Vitamin B6: 1.97mg (98.59%), Vitamin B3: 19.19mg (95.97%), Vitamin B2: 1.09mg (64.06%), Phosphorus: 609.93mg (60.99%), Vitamin B5: 4.28mg (42.8%), Vitamin B1: 0.64mg (42.67%), Potassium: 1453.99mg (41.54%), Copper: 0.69mg (34.28%), Iron: 4.67mg (25.93%), Magnesium: 97.99mg (24.5%), Folate: 87.28µg (21.82%), Vitamin A: 932IU (18.64%), Zinc: 2.61mg (17.42%), Vitamin E: 1.63mg (10.87%), Vitamin C: 8.22mg (9.97%), Calcium: 86.43mg (8.64%), Vitamin K: 5.38µg (5.12%), Vitamin D: 0.71µg (4.76%), Fiber: 0.62g (2.47%)