



Salmon with Coconut-Saffron Sauce



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups coconut milk
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 garlic clove finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 4 servings olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 pinch saffron threads

- ☐ 2 lb salmon fillet
- ☐ 4 servings salt and pepper
- ☐ 1 vegetable bouillon tablet

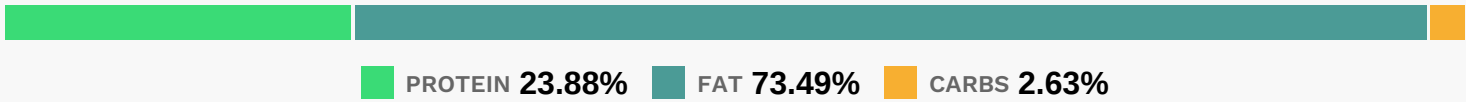
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400° F.
- ☐ Place the salmon fillets in a large baking dish.
- ☐ Drizzle olive oil and season each fillet with cumin, salt and pepper.
- ☐ Place the baking dish in the oven and bake for 15 to 20 minutes or until the salmon is cooked through.While the fish is cooking make the sauce:In a medium saucepan melt the butter.
- ☐ Add the onions and cook for 3 minutes, stirring often.
- ☐ Add the garlic and cook for 1 more minute.
- ☐ Add the coconut milk, heavy cream, saffron and chicken bouillon.Bring to a boil, then reduce the heat to low and let it simmer for about 10 minutes stirring occasionally.Spoon sauce over the salmon fillets and serve warm.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:3.37, Inflammation Score:-7, Nutrition Score:37.233043582543%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 800.77kcal (40.04%), Fat: 66.13g (101.74%), Saturated Fat: 34.18g (213.63%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 5.11g (1.86%), Sugar: 1.31g (1.46%), Cholesterol: 165.88mg (55.29%), Sodium: 341.05mg (14.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.36g (96.71%), Vitamin B12: 7.27µg (121.09%), Selenium: 83.88µg (119.83%), Vitamin B6: 1.92mg (95.99%), Vitamin B3: 18.59mg (92.97%), Phosphorus: 585.49mg (58.55%), Vitamin B2: 0.92mg (54.31%), Manganese: 0.94mg (47.11%), Copper: 0.83mg (41.54%), Vitamin B5: 4.04mg (40.43%), Potassium: 1411.48mg (40.33%), Vitamin B1: 0.55mg (36.75%), Iron: 5.85mg (32.53%), Magnesium: 122.04mg (30.51%), Folate: 75.77µg (18.94%), Vitamin E: 2.38mg (15.88%), Zinc: 2.2mg (14.65%), Vitamin A: 619.55IU (12.39%), Vitamin K: 9.69µg (9.23%), Calcium: 74.29mg (7.43%), Vitamin D: 0.48µg (3.17%), Vitamin C: 2.31mg (2.8%)