



Salmon with Creamy Dill Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon caper brine
- 0.3 cup butter cut into small chunks
- 1 tablespoon capers
- 0.8 teaspoon dill weed dried
- 0.3 cup cooking wine dry white
- 0.3 teaspoon garlic salt
- 6 servings ground pepper black to taste
- 1 teaspoon horseradish prepared

- 6 slices optional: lemon
- 1 teaspoon juice of lemon
- 1 teaspoon lemon-pepper seasoning
- 0.3 cup mayonnaise
- 1 tablespoon onion finely chopped
- 1 teaspoon onion salt
- 2 pound salmon fillet
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- broiler

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil; grease the foil lightly.
- Place salmon fillet with skin side down on foil. Season salmon with lemon-pepper and onion salt; top with onion rings and lemon slices, dot with butter. Fold foil around salmon and seal tightly.
- Bake in preheated oven for 20 minutes. Unseal the foil and turn the oven's broiler on. Continue cooking the salmon under the broiler until the flesh flakes easily with a fork, 8 to 12 minutes.
- While the salmon bakes, stir sour cream, mayonnaise, white wine, capers, chopped onion, caper brine, lemon juice, horseradish, dill weed, garlic salt, and black pepper together in a bowl.
- Serve with the salmon.

Nutrition Facts



■ PROTEIN 31.19% ■ FAT 66.48% ■ CARBS 2.33%

Properties

Glycemic Index:44.42, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:23.178695613275%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 405.63kcal (20.28%), Fat: 29.11g (44.78%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.95g (1.06%), Cholesterol: 116.26mg (38.75%), Sodium: 808.93mg (35.17%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 30.73g (61.45%), Vitamin B12: 4.87µg (81.1%), Selenium: 56.15µg (80.21%), Vitamin B6: 1.26mg (63.03%), Vitamin B3: 11.94mg (59.7%), Vitamin B2: 0.61mg (35.78%), Phosphorus: 322.21mg (32.22%), Vitamin B5: 2.62mg (26.19%), Vitamin B1: 0.35mg (23.44%), Potassium: 794.23mg (22.69%), Vitamin K: 22.23µg (21.17%), Copper: 0.4mg (19.93%), Magnesium: 49.2mg (12.3%), Folate: 41.68µg (10.42%), Iron: 1.45mg (8.07%), Vitamin A: 397.7IU (7.95%), Zinc: 1.08mg (7.19%), Vitamin C: 4.6mg (5.57%), Manganese: 0.11mg (5.3%), Vitamin E: 0.7mg (4.7%), Calcium: 42.92mg (4.29%), Fiber: 0.42g (1.69%)