



 **77%**
HEALTH SCORE

Salmon with Cucumber-Tarragon Sauce

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

READY IN



15 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cucumber english finely chopped
- 1 tablespoon tarragon fresh chopped
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup onion red chopped
- 2 teaspoons red wine vinegar
- 24 ounce salmon fillet
- 0.1 teaspoon salt

0.3 teaspoon salt

Equipment

bowl

grill

Directions

Prepare grill.

Combine cucumber and next 4 ingredients in a small bowl. Stir in 1/8 teaspoon salt and 1/4 teaspoon pepper. Cover and chill until ready to use.

Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Place fish on grill rack coated with cooking spray. Grill 4 to 5 minutes on each side or until fish flakes easily when tested with a fork.

Serve with sour cream mixture.

Nutrition Facts

 **PROTEIN 49.34%**  **FAT 43.86%**  **CARBS 6.8%**

Properties

Glycemic Index:32.25, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:25.941739087519%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 294.49kcal (14.72%), Fat: 14g (21.54%), Saturated Fat: 3.61g (22.59%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.42g (1.61%), Sugar: 0.92g (1.02%), Cholesterol: 103.62mg (34.54%), Sodium: 318.95mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.89%), Vitamin B12: 5.53µg (92.16%), Selenium: 63.19µg (90.27%), Vitamin B6: 1.46mg (73.1%), Vitamin B3: 13.58mg (67.92%), Vitamin B2: 0.72mg (42.11%), Phosphorus: 375.62mg (37.56%), Vitamin B5: 2.91mg (29.12%), Potassium: 1002.78mg (28.65%), Vitamin B1: 0.41mg (27.47%), Copper: 0.46mg (22.92%), Magnesium: 62.97mg (15.74%), Folate: 54.22µg (13.56%), Iron: 2.07mg (11.47%), Manganese: 0.22mg (10.89%), Zinc: 1.37mg (9.15%), Calcium: 88.18mg (8.82%), Vitamin A: 264.02IU (5.28%), Vitamin K: 4.65µg (4.43%), Vitamin C: 2.61mg (3.17%), Fiber: 0.46g (1.84%)