



Salmon with Fennel and Pernod

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter room temperature ()
- ☐ 1 large fennel bulb with fronds; bulb quartered, then cut lengthwise into 1/4-inch-thick slices; 2 tablespoons fronds chopped, divided
- ☐ 1.5 teaspoons fennel seeds crushed
- ☐ 2 tablespoons pernod
- ☐ 12 ounce salmon fillet
- ☐ 2 tablespoons shallots minced

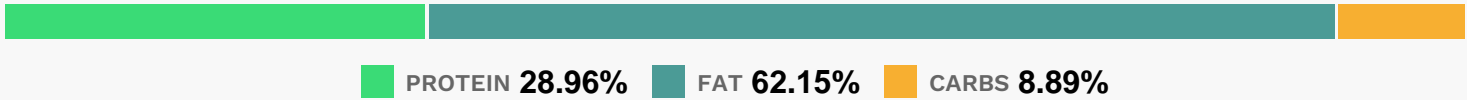
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir fennel seeds in large nonstick skillet over medium heat until fragrant, about 1 1/2 minutes.
- ☐ Transfer seeds to small bowl; cool.
- ☐ Mix in butter, shallots, and 1 tablespoon fennel fronds; season butter mixture with salt and pepper.
- ☐ Melt 1 tablespoon butter mixture in same large nonstick skillet over medium heat.
- ☐ Add sliced fennel bulb and 1/4 cup water to skillet; cover and cook until fennel is crisp-tender, about 8 minutes. Uncover skillet and sauté until fennel begins to brown, about 2 minutes.
- ☐ Transfer fennel to plate.
- ☐ Sprinkle salmon with salt and pepper.
- ☐ Add 1 tablespoon butter mixture to same skillet and melt over medium heat.
- ☐ Add salmon; cover and cook 5 minutes. Turn salmon over; add 1/4 cup water to skillet. Cover and continue cooking until salmon is just opaque in center, about 5 minutes longer. Slide salmon to 1 side of skillet; return fennel to skillet.
- ☐ Add Pernod, 2 teaspoons butter mixture, and remaining 1 tablespoon chopped fennel fronds; stir to heat through.
- ☐ Divide fennel mixture between 2 plates. Top with salmon; spoon remaining butter mixture over salmon.
- ☐ One serving contains the following: Calories (kcal) 530.86; % Calories from Fat 59.0; Fat (g) 34.79; Saturated Fat (g) 15.91; Cholesterol (mg) 167.48; Carbohydrates (g) 12.02; Dietary Fiber (g) 4.46; Total Sugars (g) 1.09; Net Carbs (g) 7.55; Protein (g) 40.52
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:2.63, Inflammation Score:-8, Nutrition Score:33.233913172846%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 533.08kcal (26.65%), Fat: 34.26g (52.71%), Saturated Fat: 16.37g (102.3%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 6.48g (2.36%), Sugar: 5.4g (6%), Cholesterol: 154.56mg (51.52%), Sodium: 320.8mg (13.95%), Alcohol: 5.68g (100%), Alcohol %: 2.11% (100%), Protein: 35.93g (71.85%), Vitamin B12: 5.46µg (90.96%), Selenium: 63.31µg (90.44%), Vitamin B6: 1.49mg (74.45%), Vitamin K: 75.54µg (71.94%), Vitamin B3: 14.24mg (71.22%), Phosphorus: 419.41mg (41.94%), Vitamin B2: 0.7mg (41.26%), Potassium: 1383.78mg (39.54%), Vitamin B5: 3.16mg (31.62%), Vitamin B1: 0.41mg (27.37%), Copper: 0.53mg (26.52%), Folate: 78.37µg (19.59%), Magnesium: 77.66mg (19.42%), Manganese: 0.38mg (19.03%), Vitamin A: 936.34IU (18.73%), Vitamin C: 15.15mg (18.37%), Fiber: 4.54g (18.18%), Iron: 2.62mg (14.58%), Calcium: 106.19mg (10.62%), Zinc: 1.45mg (9.66%), Vitamin E: 1.34mg (8.94%)