



Salmon with Fresh Grapefruit Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz philadelphia cream cheese cubed
- 3 pink grapefruit divided
- 1 bunch green onions chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 3 lb salmon filet whole ()
- 0.7 cup sugar

Equipment

- frying pan

- sauce pan
- oven
- blender
- baking pan
- aluminum foil

Directions

- Preheat oven to 450F. Juice 2 of the grapefruit; combine with sugar in small saucepan. Cook on medium-high heat 25 min. or until sugar is dissolved and juice is reduced by half.
- Pour grapefruit syrup into blender.
- Add cream cheese; cover. Blend until smooth; set aside. Keep warm.
- Line 15x10x1-inch baking pan with foil.
- Pour 1/4 cup of the dressing on prepared pan; place in oven 5 min. to heat.
- Remove from oven. Immediately place salmon, skin-side up, on pan; top with remaining 1/4 cup dressing.
- Bake 20 to 25 min. or until salmon flakes easily with fork, turning once after 12 min.
- Segment remaining grapefruit, combine with juices and onions.
- Serve salmon topped with warm sauce and grapefruit topping.

Nutrition Facts



PROTEIN 30.19% **FAT 44.53%** **CARBS 25.28%**

Properties

Glycemic Index:12.84, Glycemic Load:9.52, Inflammation Score:-7, Nutrition Score:19.575217288473%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 320.97kcal (16.05%), Fat: 15.89g (24.44%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 19.21g (6.99%), Sugar: 17.31g (19.24%), Cholesterol: 81.46mg (27.15%), Sodium: 206.9mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.46%), Selenium: 43.35µg (61.93%), Vitamin B12: 3.65µg (60.79%), Vitamin B6: 0.98mg (48.98%), Vitamin B3: 9.08mg (45.42%), Vitamin B2: 0.5mg (29.29%), Phosphorus: 260.75mg (26.07%), Vitamin C: 20.38mg (24.71%), Vitamin B5: 2.16mg (21.64%), Vitamin A: 1058.65IU (21.17%), Potassium: 680.97mg (19.46%), Vitamin B1: 0.29mg (19.41%), Copper: 0.31mg (15.58%), Magnesium: 41.24mg (10.31%), Folate: 39.65µg (9.91%), Vitamin K: 10.02µg (9.54%), Zinc: 0.88mg (5.87%), Iron: 1.04mg (5.78%), Calcium: 48.84mg (4.88%), Fiber: 1.08g (4.3%), Vitamin E: 0.47mg (3.14%), Manganese: 0.04mg (2.05%)