



Salmon with Grainy Mustard-and-Herb Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups rice long-grain wild hot cooked
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise low-fat

- ☐ 24 ounce salmon fillet ()
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 tablespoon spicy brown mustard

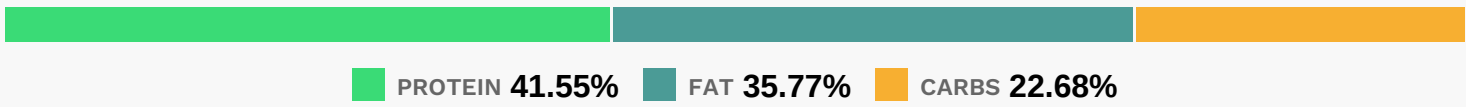
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ To prepare fish, arrange fillets, skin sides down, in a 9-inch pie plate coated with cooking spray.
- ☐ Sprinkle with wine, salt, and 1/4 teaspoon pepper; top with shallots. Cover with foil; bake at 425 for 30 minutes or until fish flakes easily when tested with a fork.
- ☐ To prepare sauce, combine mayonnaise and broth in a small skillet, stirring well with a whisk. Cook over medium-low heat until thoroughly heated (about 2 minutes).
- ☐ Remove from heat, and stir in chives, parsley, mustard, juice, and 1/4 teaspoon pepper.
- ☐ Serve fish and sauce over rice.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:28.710434623387%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg,

Eriodictyol: 0.18mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 372.01kcal (18.6%), Fat: 14.35g (22.08%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 18.59g (6.76%), Sugar: 1.75g (1.95%), Cholesterol: 95.79mg (31.93%), Sodium: 439.32mg (19.1%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 37.52g (75.03%), Selenium: 64.78µg (92.54%), Vitamin B12: 5.44µg (90.62%), Vitamin B6: 1.53mg (76.6%), Vitamin B3: 14.57mg (72.84%), Vitamin B2: 0.73mg (42.82%), Phosphorus: 421.01mg (42.1%), Vitamin B5: 3.02mg (30.24%), Vitamin B1: 0.44mg (29.47%), Potassium: 965.86mg (27.6%), Copper: 0.54mg (27.12%), Vitamin K: 26.26µg (25.01%), Magnesium: 80.85mg (20.21%), Folate: 69.66µg (17.42%), Manganese: 0.32mg (16.06%), Zinc: 2.27mg (15.14%), Iron: 2.12mg (11.79%), Fiber: 1.89g (7.57%), Vitamin C: 3.63mg (4.4%), Vitamin A: 200.96IU (4.02%), Vitamin E: 0.53mg (3.56%), Calcium: 32.11mg (3.21%)