



## Salmon with Gravlax Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cooking oil
- 4 servings optional: dill dried
- 2 tablespoons mustard dry
- 0.3 teaspoon fresh-ground pepper black
- 1 tablespoon honey
- 0.5 cup mayonnaise
- 2 pounds center-cut salmon fillet cut into 4 pieces
- 4 servings salt

- 2 tablespoons water cold

## Equipment

- bowl
- frying pan
- baking sheet
- whisk
- aluminum foil
- broiler
- spatula
- broiler pan

## Directions

- In a small glass or stainless-steel bowl, whisk together the mustard and water.
- Let sit for 10 minutes.
- Whisk in the mayonnaise, honey, 1/8 teaspoon salt, and 1/8 teaspoon dill.
- Heat the broiler. Rub the salmon on both sides with the oil.
- Put the pieces in a broiler pan or on a baking sheet, skin-side down, about 2 inches apart.
- Sprinkle with 1/2 teaspoon salt, 1/2 teaspoon dill, and the pepper. Broil the fish until golden brown and just barely done (the fish should still be translucent in the center), about 6 minutes for a 1-inch-thick fillet.
- Serve the salmon with the sauce alongside.
- Fish Alternatives: Because it goes so well with the sauce, salmon is hard to beat for this recipe. However, other thick fillets, such as grouper, sturgeon, or halibut, can be substituted.
- Test-Kitchen Tip: If you broil or roast salmon fillet with the skin and want to serve it skinless, cook the fillet skin-side down and then simply slide a large spatula between the cooked flesh and the skin and lift the fillet. It's especially easy if you don't oil the skin or pan so that the skin sticks to the pan. Line the pan with aluminum foil for easy clean up.
- Wine Recommendation: Dill and salmon are both best with a flavorful wine with lots of acidity. Try a sauvignon blanc (such as Sancerre) or chenin blanc (such as Vouvray) from France's Loire Valley.

# Nutrition Facts

PROTEIN 32.49% FAT 63.23% CARBS 4.28%

## Properties

Glycemic Index:33.57, Glycemic Load:2.35, Inflammation Score:-6, Nutrition Score:33.408695762572%

## Nutrients (% of daily need)

Calories: 579.97kcal (29%), Fat: 40.14g (61.75%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.5g (2%), Sugar: 4.71g (5.23%), Cholesterol: 136.5mg (45.5%), Sodium: 474.53mg (20.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.41g (92.81%), Selenium: 90.76µg (129.65%), Vitamin B12: 7.25µg (120.76%), Vitamin B6: 1.89mg (94.5%), Vitamin B3: 18.03mg (90.14%), Vitamin B2: 0.88mg (51.84%), Phosphorus: 494.29mg (49.43%), Vitamin K: 48.53µg (46.22%), Vitamin B5: 3.86mg (38.56%), Vitamin B1: 0.55mg (36.52%), Potassium: 1180.24mg (33.72%), Copper: 0.6mg (30.23%), Magnesium: 83.91mg (20.98%), Folate: 63.9µg (15.97%), Iron: 2.72mg (15.11%), Zinc: 1.75mg (11.69%), Vitamin E: 1.71mg (11.4%), Manganese: 0.18mg (9.2%), Calcium: 57.82mg (5.78%), Vitamin A: 169.19IU (3.38%), Fiber: 0.61g (2.42%)