



Salmon with Grits and Caper-Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



942 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups half and half
- 1.3 cups whipping cream
- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 garlic clove minced
- 0.5 cup water
- 1 cup monterrey jack cheese grated
- 0.3 cup wine dry white

- 0.3 teaspoon salt
- 0.5 cup grits instant
- 0.3 cup capers drained
- 28 ounce salmon fillet skinless

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Melt butter in heavy medium saucepan over medium heat.
- Add capers and garlic and sauté until garlic begins to color, about 1 minute.
- Add white wine and simmer until reduced by half, about 1 minute.
- Add whipping cream and bring to boil. Reduce heat to medium and simmer until sauce thickens enough to coat back of spoon, about 10 minutes. Season sauce to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate. Rewarm before using.)
- Bring half and half, 1/2 cup water, and salt to boil in heavy large saucepan. Gradually whisk in instant grits. Reduce heat to medium-low, cover, and cook until mixture thickens, stirring occasionally, about 6 minutes.
- Add Monterey Jack cheese and stir until melted and smooth. Season grits to taste with salt and pepper.
- Remove from heat. Cover to keep warm.
- Meanwhile, brush salmon with oil, then sprinkle with salt and pepper.
- Heat heavy large skillet over medium-high heat.
- Add salmon and cook until opaque in center, about 4 minutes per side.
- Place spoonful of grits in center of each of 4 shallow bowls. Spoon sauce around grits. Top grits and sauce with salmon and serve.

Nutrition Facts

PROTEIN 23.23% FAT 66.55% CARBS 10.22%

Properties

Glycemic Index:30.5, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:41.361304075822%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.9mg, Quercetin: 18.9mg, Quercetin: 18.9mg, Quercetin: 18.9mg

Nutrients (% of daily need)

Calories: 941.64kcal (47.08%), Fat: 68.76g (105.79%), Saturated Fat: 35.33g (220.84%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 22.55g (8.2%), Sugar: 7.81g (8.68%), Cholesterol: 268.21mg (89.4%), Sodium: 1028.72mg (44.73%), Alcohol: 1.54g (100%), Alcohol %: 0.39% (100%), Protein: 54.01g (108.02%), Selenium: 86.36µg (123.37%), Vitamin B12: 6.9µg (115%), Vitamin B6: 1.8mg (90.18%), Vitamin B3: 17.66mg (88.29%), Vitamin B2: 1.39mg (82.06%), Phosphorus: 710.35mg (71.03%), Vitamin B1: 0.89mg (59.28%), Iron: 9.75mg (54.18%), Calcium: 497.12mg (49.71%), Vitamin B5: 3.97mg (39.71%), Vitamin A: 1921.55IU (38.43%), Potassium: 1279.38mg (36.55%), Copper: 0.58mg (29.05%), Folate: 98.44µg (24.61%), Magnesium: 96.53mg (24.13%), Zinc: 2.97mg (19.82%), Vitamin E: 1.75mg (11.68%), Vitamin K: 9.79µg (9.32%), Vitamin D: 1.36µg (9.06%), Manganese: 0.13mg (6.42%), Fiber: 1.2g (4.8%), Vitamin C: 2.47mg (3%)