



Salmon with Leek Cream Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter
- 4 oz philadelphia cream cheese cubed ()
- 2 Tbsp parsley fresh chopped
- 0.3 tsp garlic powder
- 2 leeks light white green rinsed cut lengthwise into thin strips well
- 0.8 cup milk
- 2 Tbsp oil
- 0.3 tsp pepper

1 lb skin-on salmon fillets

Equipment

frying pan

broiler

broiler pan

Directions

Heat broiler.

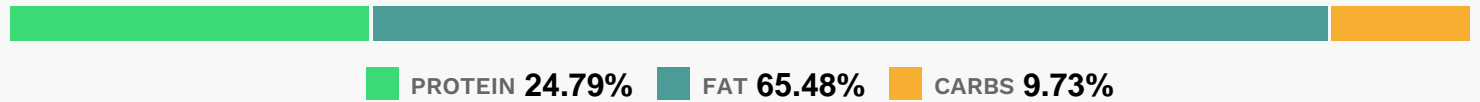
Place fish, skin sides down, on rack of broiler pan sprayed with cooking spray; brush with oil.

Broil, 4 inches from heat, 6 to 7 min. or until fish flakes easily with fork. Meanwhile, melt butter in medium skillet on medium heat.

Add leeks; cook and stir 5 min. or until tender. Stir in remaining ingredients; simmer on low heat 5 min. or until cream cheese is completely melted and mixture is well blended, stirring frequently.

Serve fish topped with sauce.

Nutrition Facts



Properties

Glycemic Index:6.64, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:3.9834782507109%

Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 68.59kcal (3.43%), Fat: 4.99g (7.68%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.8g (0.89%), Cholesterol: 15.44mg (5.15%), Sodium: 37.19mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin B12: 0.63µg (10.46%), Selenium: 7.23µg (10.33%), Vitamin K: 9.28µg (8.84%), Vitamin B6: 0.17mg (8.65%), Vitamin B3: 1.47mg (7.36%), Vitamin B2: 0.09mg (5.44%), Vitamin A: 264.5IU (5.29%), Phosphorus: 51.62mg (5.16%), Vitamin B5: 0.37mg (3.68%), Potassium:

121.48mg (3.47%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (2.78%), Folate: 9.99µg (2.5%), Vitamin E: 0.34mg (2.28%), Magnesium: 8.79mg (2.2%), Calcium: 20.65mg (2.07%), Manganese: 0.04mg (2.06%), Iron: 0.32mg (1.79%), Vitamin C: 1.26mg (1.53%), Zinc: 0.18mg (1.21%)