



Salmon with Lemon Cream Sauce



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 Tbsp juice of lemon
- ☐ 0.3 cup chicken broth
- ☐ 0.7 cup heavy cream
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 pounds salmon fillet
- ☐ 4 servings parsley for garnish

Equipment

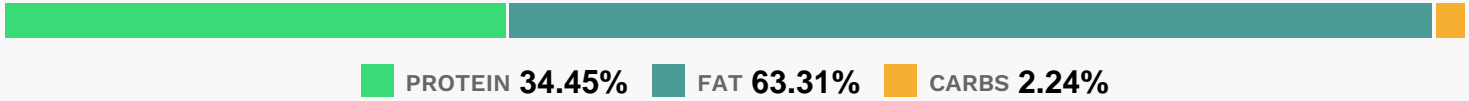
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ spatula

Directions

- ☐ Pour the lemon juice, broth and cream into a small pot and bring to a simmer. Immediately lower the heat to low, cover the pot and simmer gently for 10 minutes.
- ☐ Add salt and pepper to taste. The last minute or two, uncover the pot and increase the heat to high to reduce the sauce a bit.
- ☐ Prep the salmon: While the sauce is cooking, rinse the salmon in cold water and check for any stray scales (if skin-on). Use needle nose pliers to remove any pin bones. Pat the fish dry with paper towels.
- ☐ Add the oil to a sauté pan large enough to fit the fillets in one layer.
- ☐ Heat the pan on high and let the pan heat up for 90 seconds.
- ☐ You can either lay the fillets in the pan skin-side down or skin-side up. If you lay the fillets down skin-side down, this will help crisp up the skin which is great to eat (try it, if you haven't, it tastes like salmon bacon!).
- ☐ If you lay the fillets down skin-side up first, the fillets will be easier to turn over without falling apart, because the raw skin helps hold the fillet together. Your choice.
- ☐ Lay the fillets in the hot pan and lower the heat to medium.
- ☐ Let the fillets sizzle steadily for 3–5 minutes, depending on how thick the fish is. A 1-inch-thick fillet will take about 5 minutes.
- ☐ With a metal spatula, gently turn the fillets over. Cook for another 1–5 minutes, depending on how well-done you like your fish.
- ☐ We like our salmon a little rare in the center, so we cook the second side of a 1-inch fillet about 3 minutes.
- ☐ Pour lemon cream sauce over the salmon:

- ☐ Place the salmon fillets on plates and pour lemon cream sauce over them and sprinkle with chopped parsley to serve.
- ☐ If you've crisped up the skin, serve the fillets skin-side up so they stay crispy. Otherwise serve the fillets skin-side down.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:28.954347807428%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 412.39kcal (20.62%), Fat: 28.7g (44.15%), Saturated Fat: 11.29g (70.55%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.54g (1.71%), Cholesterol: 138.67mg (46.22%), Sodium: 336.28mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.14g (70.27%), Vitamin B12: 5.48µg (91.26%), Selenium: 63.35µg (90.51%), Vitamin B6: 1.41mg (70.72%), Vitamin B3: 13.49mg (67.45%), Vitamin K: 69.14µg (65.85%), Vitamin B2: 0.74mg (43.26%), Phosphorus: 367.17mg (36.72%), Vitamin B5: 2.96mg (29.65%), Vitamin B1: 0.4mg (26.78%), Potassium: 908.95mg (25.97%), Copper: 0.44mg (22.05%), Vitamin A: 989.61IU (19.79%), Magnesium: 55.1mg (13.78%), Folate: 52.46µg (13.11%), Vitamin C: 9.91mg (12.01%), Iron: 1.7mg (9.44%), Zinc: 1.24mg (8.29%), Vitamin E: 0.92mg (6.15%), Calcium: 53.97mg (5.4%), Vitamin D: 0.63µg (4.23%), Manganese: 0.06mg (2.77%)