



Salmon with Light Dill Sauce



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings arugula rinsed drained
- ☐ 2 servings optional: dill fresh minced
- ☐ 2 servings juice of lime fresh
- ☐ 2 servings buttermilk low-fat
- ☐ 2 servings mayonnaise low-fat
- ☐ 12 ounce salmon fillet ()

Equipment

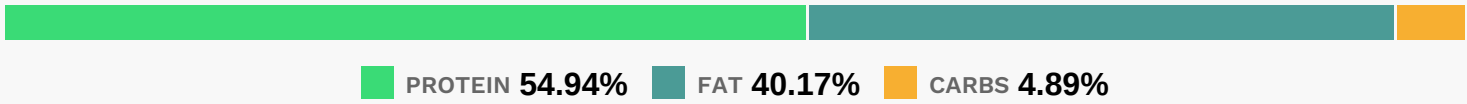
- ☐ bowl

☐ frying pan

Directions

- ☐ Fill a large skillet with 1 1/2 inches water; bring to a boil.
- ☐ Add salmon; reduce heat, and simmer 8 minutes, or until fish flakes easily when tested with a fork.
- ☐ Remove from skillet; discard cooking liquid.
- ☐ Combine 1/4 cup each mayonnaise and buttermilk, 2 tablespoons dill, 1 tablespoon lime juice, and a pinch each of sugar, salt, and pepper in a small bowl. Arrange 1 cup arugula and 1 salmon fillet on each of 2 plates, and drizzle the dill mixture over the fish.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:25.161304349485%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 254.36kcal (12.72%), Fat: 11.1g (17.08%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.76g (1%), Sugar: 0.8g (0.88%), Cholesterol: 93.75mg (31.25%), Sodium: 87.95mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.34%), Vitamin B12: 5.41µg (90.19%), Selenium: 62.19µg (88.84%), Vitamin B6: 1.41mg (70.53%), Vitamin B3: 13.44mg (67.22%), Vitamin B2: 0.66mg (38.9%), Phosphorus: 350.7mg (35.07%), Vitamin B5: 2.91mg (29.15%), Vitamin B1: 0.4mg (26.45%), Potassium: 908.03mg (25.94%), Copper: 0.44mg (22.07%), Magnesium: 56.61mg (14.15%), Folate: 55.46µg (13.87%), Vitamin C: 10.6mg (12.84%), Vitamin K: 11.62µg (11.06%), Iron: 1.54mg (8.57%), Zinc: 1.17mg (7.77%), Vitamin A: 329.23IU (6.58%), Calcium: 42.04mg (4.2%), Manganese: 0.07mg (3.3%), Fiber: 0.28g (1.13%)