



Salmon with Mustard-Cream Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 270 g philadelphia herb & garlic cooking creme cream cheese product
- 3 tablespoons grainy dijon mustard divided
- 0.5 cup 5%-less-sodium chicken broth
- 24 ounce salmon fillet skinless

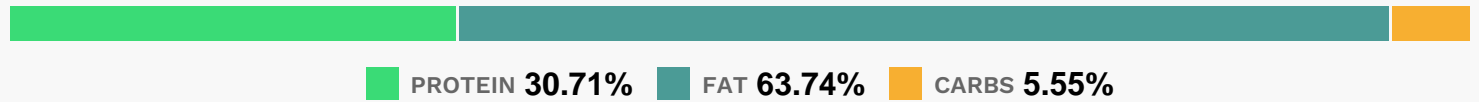
Equipment

- sauce pan
- grill

Directions

- Heat greased barbecue to medium heat.
- Cook and stir cooking creme, broth and 1 Tbsp. mustard in saucepan on medium heat 3 min. or until heated through.
- Remove from heat; cover to keep warm.
- Brush fish with remaining mustard; grill 2 to 3 min. on each side or until fish flakes easily with fork.
- Serve with warm sauce.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:16.064782679405%

Nutrients (% of daily need)

Calories: 325.27kcal (16.26%), Fat: 23.21g (35.71%), Saturated Fat: 9.97g (62.33%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.23g (1.54%), Sugar: 0.13g (0.15%), Cholesterol: 111.28mg (37.09%), Sodium: 382.86mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.34%), Selenium: 43.94µg (62.77%), Vitamin B12: 3.63µg (60.43%), Vitamin B6: 0.93mg (46.74%), Vitamin B3: 9.22mg (46.12%), Vitamin B2: 0.44mg (25.99%), Phosphorus: 240.8mg (24.08%), Vitamin B5: 1.91mg (19.09%), Vitamin B1: 0.27mg (18.03%), Potassium: 583.81mg (16.68%), Copper: 0.3mg (14.95%), Magnesium: 36.68mg (9.17%), Folate: 28.87µg (7.22%), Iron: 1.07mg (5.93%), Zinc: 0.79mg (5.29%), Manganese: 0.05mg (2.47%), Calcium: 19.12mg (1.91%), Fiber: 0.32g (1.29%), Vitamin A: 50.68IU (1.01%)