



Salmon with Rosemary Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rosemary leaves dried fresh chopped
- ☐ 4 parsley fresh
- ☐ 3 peppercorns
- ☐ 0.3 optional: lemon
- ☐ 1.8 cups chicken broth (from 32-ounce carton)
- ☐ 1 pound fish fillet
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon rosemary leaves dried fresh chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup frangelico

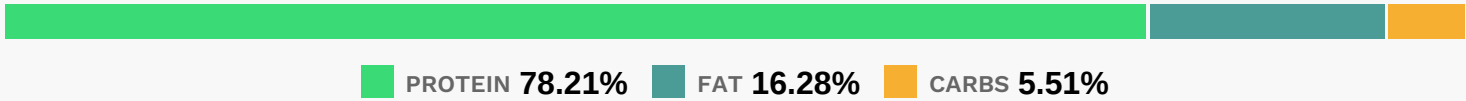
Equipment

- ☐ frying pan
- ☐ cheesecloth

Directions

- ☐ Place 1 teaspoon rosemary, the parsley, peppercorns and lemon in cheesecloth; tie securely.
- ☐ Heat broth and cheesecloth bag to boiling in 10-inch skillet; reduce heat. Cover and simmer 5 minutes.
- ☐ If fish fillets are large, cut into 4 serving pieces.
- ☐ Place fish fillets in skillet; add water, if necessary, to cover.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 5 to 10 minutes or until fish flakes easily with fork.
- ☐ Remove fish to serving platter and keep warm. Reserve 1/3 cup broth mixture. Discard cheesecloth bag and remaining broth mixture.
- ☐ Mix half-and-half and cornstarch.
- ☐ Heat half-and-half mixture, reserved broth mixture, 1 teaspoon rosemary and the salt to boiling in skillet over medium heat. Boil and stir 1 minute.
- ☐ Pour over fish.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:11.703913237738%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.14mg,

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 119.51kcal (5.98%), Fat: 2.18g (3.35%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.62g (0.69%), Cholesterol: 58.76mg (19.59%), Sodium: 731.85mg (31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.09%), Selenium: 47.86µg (68.37%), Vitamin B12: 1.81µg (30.2%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.67mg (23.36%), Phosphorus: 198.77mg (19.88%), Vitamin K: 18.11µg (17.25%), Potassium: 377.23mg (10.78%), Vitamin B6: 0.19mg (9.52%), Magnesium: 32.88mg (8.22%), Vitamin B2: 0.13mg (7.92%), Folate: 29.55µg (7.39%), Vitamin C: 4.92mg (5.96%), Vitamin B5: 0.58mg (5.8%), Copper: 0.11mg (5.3%), Manganese: 0.1mg (5.2%), Vitamin B1: 0.07mg (4.78%), Iron: 0.82mg (4.58%), Vitamin E: 0.51mg (3.42%), Zinc: 0.46mg (3.09%), Calcium: 19.27mg (1.93%), Vitamin A: 89.65IU (1.79%), Fiber: 0.25g (1.01%)