



Salmon with Shrimp Sauce (Salmon con Salsa de Camarones)

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 tablet fish bouillon
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup heavy cream
- ☐ 1.5 cups milk
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon paprika

- ☐ 24 oz salmon fillet
- ☐ 4 servings salt and pepper
- ☐ 1 pound shrimp deveined peeled cut into pieces.
- ☐ 4 servings shrimp sauce

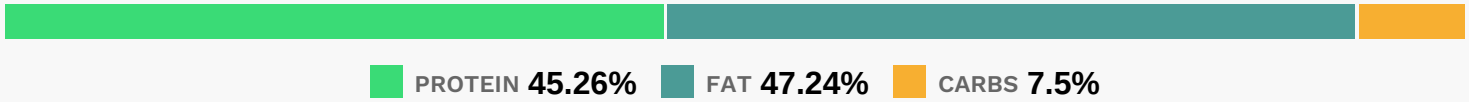
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400° F.In a large baking dish place the salmon fillets. Season each fillet with paprika, salt and pepper.
- ☐ Place the baking dish in the oven and bake for 15 to 20 minutes or until the salmon is cooked through.Meanwhile make the sauce: In a medium sauce pan over medium heat melt the butter, add the onions and cook for about 3 minutes or until translucent.
- ☐ Add the flour to the onions and stir. Cook for 2 minutes.
- ☐ Add the milk and bring to a boil then reduce to a simmer.
- ☐ Add the shrimp, salt, pepper, cumin and fish bouillon and cook for 5 minutes.
- ☐ Add the heavy cream and cook for 2 more minutes.
- ☐ Remove from the heat.Spoon shrimp sauce over the salmon and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:4.95, Inflammation Score:-7, Nutrition Score:32.137826219849%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 545.31kcal (27.27%), Fat: 28.31g (43.55%), Saturated Fat: 12.33g (77.03%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.7g (3.53%), Sugar: 5.31g (5.9%), Cholesterol: 328.16mg (109.39%), Sodium: 512.03mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.03g (122.06%), Vitamin B12: 5.95µg (99.11%), Selenium: 66.41µg (94.87%), Vitamin B6: 1.47mg (73.67%), Phosphorus: 699.16mg (69.92%), Vitamin B3: 13.86mg (69.3%), Vitamin B2: 0.84mg (49.31%), Copper: 0.89mg (44.51%), Potassium: 1318.36mg (37.67%), Vitamin B5: 3.27mg (32.65%), Vitamin B1: 0.49mg (32.64%), Magnesium: 104.78mg (26.19%), Calcium: 223.52mg (22.35%), Zinc: 3.12mg (20.77%), Vitamin A: 822.25IU (16.44%), Folate: 55.79µg (13.95%), Iron: 2.39mg (13.29%), Vitamin D: 1.25µg (8.32%), Manganese: 0.13mg (6.44%), Vitamin E: 0.51mg (3.39%), Fiber: 0.42g (1.69%), Vitamin K: 1.75µg (1.67%), Vitamin C: 0.84mg (1.02%)