



## Salmon with Sweet Pea Cream



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups rice long-grain white hot cooked
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 4 green onions thinly sliced
- ☐ 2 cups peas green shelled 2 pounds unshelled
- ☐ 0.3 cup half-and-half

- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt divided

## Equipment

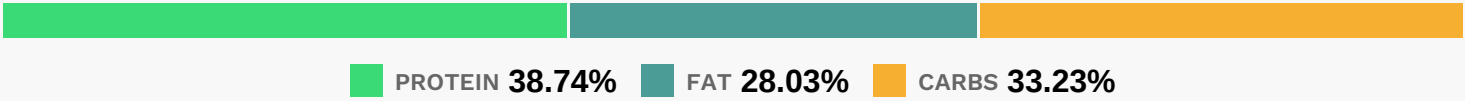
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve

## Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add onions to pan; cook for 1 minute, stirring frequently.
- ☐ Add garlic to pan; cook 30 seconds.
- ☐ Add green peas to pan; cook 1 minute, stirring frequently.
- ☐ Add broth and 1/4 teaspoon salt, and bring to a simmer. Cook 4 minutes or until peas are tender.
- ☐ Transfer pea mixture to a food processor, and process 2 minutes or until smooth. Strain the mixture through a sieve over a bowl, reserving liquid; discard solids. Stir in half-and-half and chopped dill. Cover and keep warm.
- ☐ Wipe pan clean with paper towels.
- ☐ Place pan over medium-high heat.
- ☐ Sprinkle salmon fillets evenly with remaining 1/4 teaspoon salt and pepper. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 2 1/2 minutes. Carefully turn fish over; cook 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with pea mixture and rice.
- ☐ Garnish with dill sprigs, if desired.
- ☐ Wine note: The green flavors (peas, dill, and green onions) in this dish could easily be mirrored by a fresh, green-tasting sauvignon blanc. However, I prefer to serve this with a German

sptlese riesling instead. The pure fruity and floral character of the riesling is an exquisite counterpoint to the richness of the salmon. Try the Pffeffingen "Ungsteiner Herrenberg" Riesling Sptlese 2004 from Pfalz, Germany (\$20). --Karen MacNeil

## Nutrition Facts



### Properties

Glycemic Index:65.58, Glycemic Load:27.12, Inflammation Score:-8, Nutrition Score:36.110434666924%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

### Nutrients (% of daily need)

Calories: 432.6kcal (21.63%), Fat: 13.17g (20.26%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 30.3g (11.02%), Sugar: 5.16g (5.74%), Cholesterol: 98.85mg (32.95%), Sodium: 613.66mg (26.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.96g (81.92%), Selenium: 71.45µg (102.07%), Vitamin B12: 5.55µg (92.52%), Vitamin B6: 1.64mg (81.93%), Vitamin B3: 15.62mg (78.08%), Phosphorus: 481.22mg (48.12%), Vitamin B2: 0.81mg (47.42%), Vitamin K: 43.26µg (41.2%), Vitamin B1: 0.61mg (40.86%), Vitamin C: 32.18mg (39%), Manganese: 0.78mg (38.93%), Vitamin B5: 3.35mg (33.5%), Potassium: 1119.62mg (31.99%), Copper: 0.64mg (31.91%), Folate: 100.96µg (25.24%), Magnesium: 88.05mg (22.01%), Fiber: 4.84g (19.37%), Zinc: 2.52mg (16.81%), Iron: 2.91mg (16.16%), Vitamin A: 804.45IU (16.09%), Calcium: 78.54mg (7.85%), Vitamin E: 0.23mg (1.55%)