

Salmon with Artichokes

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Servings: 4

5 ounces boursin cheese

1 jar (8 ounce) marinated artichoke hearts, drained and chopped

fresh basil

4 six-ounce Alaskan salmon fillets

Preheat the oven to 375 degrees.

Combine the cheese, artichoke hearts and basil. Pat onto the salmon.

Bake about 15 minutes until the fish flakes with a fork.

Serve with rice.

Per Serving (excluding unknown items): 148 Calories; 16g Fat (89.5% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 258mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	148
% Calories from Fat:	89.5%
% Calories from Carbohydrates:	3.9%
% Calories from Protein:	6.6%
Total Fat (g):	16g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	41mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	258mg
Potassium (mg):	0mg
Calcium (mg):	0mg

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	148	Calories from Fat: 132
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% Daily Values*

Total Fat	16g	24%
Saturated Fat	11g	53%
Cholesterol	41mg	14%
Sodium	258mg	11%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	3g	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.