

Salmon with Chive Sauce

Easy Summer Entertaining (1991)
Kraft General Foods, Inc.

Servings: 2

1/2 cup Miracle Whip®
1/4 cup fresh chives, finely chopped
2 tablespoons fresh thyme leaves,
finely chopped
2 tablespoons fresh dill, finely chopped
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup dry white wine or chicken
broth
2 (approx 3/4 pound total) salmon
steaks

Preparation Time: 10 minutes

Grill: 16 minutes

In a bowl, mix together the Miracle Whip, chives, thyme, dill, salt and pepper until well blended. Reserve one-third cup of the mixture to serve later with the cooked salmon.

Stir the wine into the remaining mixture. Brush on the salmon.

Place the salmon on the grill over hot coals (the coals will be glowing) or the rack of a broiler pan. Grill, covered, (or broil) for 5 to 8 minutes on each side or until the fish flakes easily with a fork.

Serve with the reserved salad dressing mixture.

Per Serving (excluding unknown items): 482 Calories; 34g Fat (63.9% calories from fat); 34g Protein; 9g Carbohydrate; 1g Dietary Fiber; 108mg Cholesterol; 761mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	482
% Calories from Fat:	63.9%
% Calories from Carbohydrates:	7.5%
% Calories from Protein:	28.7%
Total Fat (g):	34g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	2g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	5.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	15mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	108mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	34g
Sodium (mg):	761mg
Potassium (mg):	588mg
Calcium (mg):	41mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	619IU
Vitamin A (r.e.):	101 1/2RE

Alcohol (kcal):	0
% Daily Values*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories	482	Calories from Fat: 308
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% Daily Values*

Total Fat	34g	52%
Saturated Fat	5g	25%
Cholesterol	108mg	36%
Sodium	761mg	32%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	2%
Protein	34g	
Vitamin A		12%
Vitamin C		13%
Calcium		4%
Iron		10%

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