

Sauce For Salmon [Video]

Yield: 6 min
Total Time: 8 min

Recipe from: <https://www.recipeschoose.com/recipes/dill-scandinavian-recipe>

Ingredients:

- 1/2 cup sour cream
- 1/2 cup mayonnaise optional or whole Greek yogurt
- 1 1/2 tablespoons dijon style prepared mustard
- 1 teaspoon lemon juice
- 2 teaspoons dill chopped
- salt
- pepper
- 2 tablespoons butter unsalted
- 2 tablespoons all purpose flour
- 3 cups light cream
- 4 cloves minced garlic
- 2 tablespoons lemon juice
- 1 tablespoon lemon zest
- 1 teaspoon dried basil
- 1 teaspoon parsley flakes dried
- 1/4 teaspoon red pepper flakes
- salt
- fresh ground pepper
- 1 cup Parmesan cheese grated

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 115 milligrams
4. Fat: 42 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 23 grams
8. Sodium: 800 milligrams

9. Sugar: 2 grams

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