

Lemon Caper Sauce w/Salmon with Butter Buds®

Group: Entrees

Number of Portions: 8

Size of Portions: Per Serving



INGREDIENTS

MEASURE

Salmon Filets	8 - 4 oz.
Linguine, Whole Grain	16 oz.
Hot Tap Water	1 Cup
Butter Buds, Dry	1/3 Cup
Alfredo Buds®, Dry	1/2 Cup
Garlic Powder	1/2 tsp.
Parsley, Dried	2 tsp.
Chicken Broth, Low Sodium	1 Cup
Milk, 1% Fat	1 Cup
Lemon Juice	5 Tbsp.
Capers, Drained	3 1/2 oz.

Cook salmon by preferred method (baked or grilled).

Bring large pot of water to boil for pasta while preparing sauce. Cook pasta per package directions. Do not rinse. Hold for serving.

In a bowl, whisk together hot tap water, Butter Buds and Alfredo Buds.

Heat chicken broth and milk in a saucepan on the stove (heat for serving, do not boil).

Add garlic powder, parsley, capers, lemon juice and Butter Buds mixture. Stir to blend.

Serve salmon over linguine and top with sauce.

Optional Garnish: parmesan cheese

*Note: Canned salmon can be used in place of salmon filets.

Nutritional Information

Nutrients are based upon 1 Portion Size

Calories	493 kcal	Cholesterol	66.36 mg	Protein	31.53 g	Calcium	51.85 mg	56.22% Calories from Total Fat
Total Fat	31.04 g	Sodium	632.46 mg	Vitamin A	38.10 RE	Iron	2.29 mg	6.67% Calories from Saturated Fat
Saturated Fat	3.66 g	Carbohydrate	51.47 g	Vitamin A	120.30 IU	Water¹	139.40 g	0.00%* Calories from Trans Fat
Trans Fat¹	0.00 g	Dietary Fiber	56.04 g	Vitamin C	6.94 mg	Ash¹	1.59 g	41.72% Calories from Carbohydrates
								25.56% Calories from Protein

Allergens

Contains milk, wheat, fish

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

