



## Citrus-Poached Salmon With Dijon Mustard Sauce Recipe

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon agave nectar
- 4 servings pepper black freshly ground
- 1 teaspoon peppercorns whole black
- 4 servings coarse salt
- 1.5 teaspoons dijon mustard
- 2 optional: dill fresh chopped
- 0.5 cup sauvignon blanc white wine dry white such as sauvignon blanc

- 2 garlic clove
- 3 juice of lemon
- 3 orange juice seedless
- 20 ounce salmon fillet wild skinless
- 1 tablespoon butter unsalted
- 2 cups vegetable stock
- 1 tablespoon dijon mustard

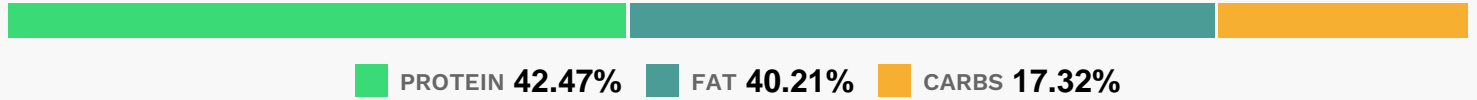
## Equipment

- frying pan
- whisk
- pot

## Directions

- To prepare the poaching liquid for the salmon, pour the broth and wine into a wide, shallow skillet or pot.
- Add the orange, lemon and lime juices, sliced citrus, garlic, dill sprigs and peppercorns. Cover the pan and bring the liquid to a full boil over medium-high heat. You want to let the flavors of the aromatics infuse into the liquid. Once it comes to a boil, reduce the heat to medium-low and continue to simmer gently for about 15 minutes. Season the salmon generously with salt and pepper.
- Lay the fillets in the pan (the liquid should come up halfway), cover and simmer over medium-low heat until the salmon is barely opaque in the center, about 6 to 8 minutes. Take care to ensure that the liquid never gets hot enough to boil.
- Remove the salmon to a side plate. To prepare the mustard sauce, pour 1 cup of the poaching liquid into a small pot, discarding the rest. Simmer over medium heat to reduce the liquid by half.
- Whisk in the butter, whole grain and smooth mustards, honey and chopped dill; season with salt and pepper if needed.
- Pour the mustard sauce over the fish before serving. Try out these salmon recipes on Food Republic: [Cedar-Plank Sockeye Salmon With Hazelnut Vinaigrette Recipe](#)
- [Prosciutto-Wrapped Salmon Recipe](#)

## Nutrition Facts



### Properties

Glycemic Index:71.25, Glycemic Load:3.66, Inflammation Score:-7, Nutrition Score:23.709565249474%

### Flavonoids

Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg Hesperetin: 8.63mg, Hesperetin: 8.63mg, Hesperetin: 8.63mg, Hesperetin: 8.63mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

### Nutrients (% of daily need)

Calories: 297.99kcal (14.9%), Fat: 12.22g (18.8%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 11.1g (4.04%), Sugar: 7.15g (7.94%), Cholesterol: 85.49mg (28.5%), Sodium: 789.99mg (34.35%), Alcohol: 3.1g (100%), Alcohol %: 1.06% (100%), Protein: 29.05g (58.09%), Selenium: 54.07µg (77.24%), Vitamin B12: 4.51µg (75.23%), Vitamin B6: 1.22mg (61.03%), Vitamin B3: 11.42mg (57.12%), Vitamin C: 32.55mg (39.45%), Vitamin B2: 0.57mg (33.52%), Phosphorus: 304.41mg (30.44%), Vitamin B1: 0.38mg (25.65%), Vitamin B5: 2.52mg (25.22%), Potassium: 842.81mg (24.08%), Copper: 0.4mg (20.2%), Folate: 55.68µg (13.92%), Magnesium: 52.91mg (13.23%), Manganese: 0.24mg (12.02%), Vitamin A: 535.07IU (10.7%), Iron: 1.51mg (8.39%), Zinc: 1.02mg (6.78%), Calcium: 36.91mg (3.69%), Fiber: 0.75g (3%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.19mg (1.27%)