



Cold Poached Salmon with Herb Mayonnaise



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups water
- ☐ 1 cup wine dry white
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 small onion sliced
- ☐ 4 peppercorns black

- ☐ 4 sprigs cilantro leaves
- ☐ 2 lb fish fillet
- ☐ 0.8 cup salad dressing
- ☐ 1.5 tablespoons dill dried fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 1 serving lemon wedges

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wire rack
- ☐ spatula

Directions

- ☐ In 12-inch skillet, heat all ingredients for the Salmon except salmon, Herb Mayonnaise and lemon wedges to boiling; reduce heat to low. Cover and simmer 5 minutes.
- ☐ Cut salmon into 6 serving pieces.
- ☐ Place salmon in skillet; add water to cover if necessary.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered about 14 minutes or until salmon flakes easily with fork.
- ☐ Carefully remove salmon with slotted spatula; drain on wire rack. Cover and refrigerate about 2 hours or until chilled.
- ☐ Meanwhile, in small bowl, mix all Herb Mayonnaise ingredients; cover and refrigerate until serving.
- ☐ Serve salmon with Herb Mayonnaise and lemon wedges.

Nutrition Facts

 **PROTEIN 53.73%**  **FAT 34.76%**  **CARBS 11.51%**

Properties

Glycemic Index:59.08, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:16.875217282254%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 257.76kcal (12.89%), Fat: 8.9g (13.69%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.11g (2.22%), Sugar: 4.17g (4.64%), Cholesterol: 75.6mg (25.2%), Sodium: 780.77mg (33.95%), Alcohol: 4.12g (100%), Alcohol %: 1.63% (100%), Protein: 30.94g (61.89%), Selenium: 64.35µg (91.92%), Vitamin B12: 2.39µg (39.82%), Vitamin K: 36.06µg (34.34%), Vitamin D: 4.69µg (31.25%), Vitamin B3: 6.07mg (30.33%), Phosphorus: 279.55mg (27.96%), Potassium: 572.8mg (16.37%), Vitamin B6: 0.32mg (15.95%), Magnesium: 53.89mg (13.47%), Folate: 42.27µg (10.57%), Manganese: 0.19mg (9.38%), Vitamin E: 1.34mg (8.9%), Iron: 1.58mg (8.77%), Vitamin B5: 0.79mg (7.91%), Copper: 0.15mg (7.52%), Vitamin B2: 0.11mg (6.64%), Vitamin B1: 0.08mg (5.59%), Vitamin A: 263.67IU (5.27%), Vitamin C: 4.17mg (5.06%), Calcium: 46.61mg (4.66%), Zinc: 0.65mg (4.36%), Fiber: 0.52g (2.09%)