



Dawson's Poached Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings dill-mayonnaise sauce
- ☐ 2 cups cooking wine dry white
- ☐ 1 sprig parsley fresh
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 32 ounce salmon fillet
- ☐ 0.3 teaspoon salt

☐ 2 cups vegetable broth

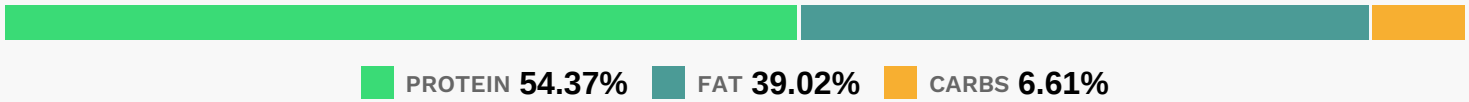
Equipment

☐ frying pan

Directions

- ☐ Combine first 8 ingredients in a skillet. Bring to a boil; add fillets. Cover and reduce heat; simmer 8 to 10 minutes or until fish flakes when tested with a fork.
- ☐ Serve immediately, or chill 8 hours.
- ☐ Serve with Dill-Mayonnaise Sauce.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:30.937391464153%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 429.54kcal (21.48%), Fat: 14.41g (22.17%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 5.41g (1.97%), Sugar: 2.35g (2.61%), Cholesterol: 124.74mg (41.58%), Sodium: 721.56mg (31.37%), Alcohol: 12.36g (100%), Alcohol %: 3.31% (100%), Protein: 45.18g (90.36%), Vitamin B12: 7.21µg (120.2%), Selenium: 83.02µg (118.6%), Vitamin B6: 1.93mg (96.44%), Vitamin B3: 17.97mg (89.87%), Vitamin B2: 0.88mg (51.91%), Phosphorus: 477.35mg (47.73%), Vitamin B5: 3.85mg (38.45%), Vitamin B1: 0.52mg (34.82%), Potassium: 1211.05mg (34.6%), Copper: 0.58mg (28.88%), Magnesium: 78.81mg (19.7%), Folate: 59.97µg (14.99%), Iron: 2.19mg (12.18%), Zinc: 1.61mg (10.76%), Manganese: 0.21mg (10.41%), Vitamin A: 370.97IU (7.42%), Vitamin K: 4.8µg (4.57%), Vitamin C: 3.55mg (4.31%), Calcium: 41.02mg (4.1%)