



Fillets of Salmon with Tomato and Chives

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chablis wine dry white
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon garlic minced
- 0.1 teaspoon ground pepper white
- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon pepper freshly ground
- 24 ounce salmon fillet
- 0.3 teaspoon salt

- 1 tablespoon shallots minced
- 1 cup tomatoes diced seeded
- 4 cups water

Equipment

- frying pan
- spatula

Directions

- Sprinkle fillets with 1/4 teaspoon salt and 1/4 teaspoon pepper. Bring 4 cups of water just to a boil in a large nonstick skillet over medium heat. Reduce heat, and add fillets; cover and simmer 4 to 5 minutes or until fish flakes easily when tested with a fork.
- Remove fillets from skillet, using a slotted spatula, and place on a serving platter. Set aside; keep warm.
- Coat a small nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add shallots and garlic; saute 1 minute.
- Add wine, and cook until reduced by half. Stir in tomato, 2 tablespoons chives, lemon juice, 1/4 teaspoon salt, and white pepper. Spoon sauce evenly over salmon fillets, and serve immediately.
- Garnish with fresh chives, if desired.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:17.013912729595%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.28mg, Naringenin:

0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 177kcal (8.85%), Fat: 7.26g (11.18%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.03g (1.14%), Cholesterol: 62.37mg (20.79%), Sodium: 156.76mg (6.82%), Alcohol: 1.03g (100%), Alcohol %: 0.42% (100%), Protein: 22.84g (45.69%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.48µg (59.25%), Vitamin B6: 0.97mg (48.26%), Vitamin B3: 9.09mg (45.44%), Vitamin B2: 0.44mg (25.87%), Phosphorus: 237.12mg (23.71%), Vitamin B5: 1.93mg (19.31%), Potassium: 637.44mg (18.21%), Vitamin B1: 0.27mg (17.97%), Copper: 0.33mg (16.5%), Magnesium: 39.51mg (9.88%), Folate: 34.82µg (8.7%), Vitamin C: 6.14mg (7.44%), Vitamin A: 296.6IU (5.93%), Iron: 1.06mg (5.89%), Zinc: 0.82mg (5.43%), Manganese: 0.08mg (4.21%), Vitamin K: 4.29µg (4.08%), Calcium: 24.55mg (2.46%), Fiber: 0.43g (1.71%)