



# Ginger Poached Salmon with Lime Basil Cream

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon peppercorns whole black
- 0.5 cup crème fraîche sour
- 0.3 cup basil leaves fresh packed
- 0.3 cup piece ginger fresh peeled chopped (4-inch)
- 4 servings kosher salt and freshly cracked pepper black
- 2 limes
- 24 ounce salmon fillet boneless skinless

6 cups water

## Equipment

food processor

bowl

frying pan

pot

slotted spoon

## Directions

Watch how to make this recipe.

Halve 1 lime and squeeze the juice into a large straight sided skillet or pot with a lid.

Add 6 cups water, the squeezed lime halves, ginger, and peppercorns and bring to a boil over medium-high heat. Reduce heat to a simmer, cover, and cook for 10 minutes to infuse the water with flavor; reduce heat to lowest setting, carefully slide salmon into the water, cover, and poach until fish is just cooked through, 5 to 7 minutes.

Remove the fish with a slotted spoon and cool completely before transferring to an airtight container.

Add about 1/2 cup poaching liquid to the container to keep the fish moist and chill in the refrigerator until ready to serve.

Meanwhile, zest the remaining lime and add about 1/2 teaspoon zest to the bowl of a food processor; add the juice from half the lime to the bowl (should be about 1 teaspoon juice).

Add the basil leaves, a pinch of salt and a few grinds black pepper and pulse until it begins to turn into a paste.

Add the creme fraiche and puree until very smooth.

Transfer to a serving bowl and refrigerate until ready to serve.

To serve, plate the cold salmon with a drizzle of lime basil cream over the top.

## Nutrition Facts



**PROTEIN 44.37%** **FAT 47.17%** **CARBS 8.46%**

## Properties

Glycemic Index:37.25, Glycemic Load:1.12, Inflammation Score:-6, Nutrition Score:26.721304696539%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 316.53kcal (15.83%), Fat: 16.52g (25.42%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.3g (1.93%), Sugar: 1.66g (1.85%), Cholesterol: 110.52mg (36.84%), Sodium: 297.04mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Vitamin B12: 5.47µg (91.16%), Selenium: 63.39µg (90.55%), Vitamin B6: 1.43mg (71.67%), Vitamin B3: 13.54mg (67.69%), Vitamin B2: 0.71mg (41.58%), Phosphorus: 372.97mg (37.3%), Vitamin B5: 3.03mg (30.31%), Copper: 0.55mg (27.25%), Potassium: 949.04mg (27.12%), Vitamin B1: 0.4mg (26.91%), Magnesium: 63.51mg (15.88%), Vitamin C: 10.67mg (12.93%), Folate: 49.14µg (12.28%), Manganese: 0.21mg (10.53%), Vitamin K: 10.74µg (10.23%), Iron: 1.79mg (9.94%), Zinc: 1.31mg (8.71%), Calcium: 80.64mg (8.06%), Vitamin A: 375.42IU (7.51%), Fiber: 1.37g (5.47%), Vitamin E: 0.23mg (1.51%)