



## Herb-Poached Salmon with Creamy Herb Sauce



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 to 8 basil leaves fresh
- ☐ 4 bay leaves
- ☐ 10 peppercorns whole black
- ☐ 3 cups cooking wine dry white
- ☐ 2 cups fish broth
- ☐ 12 servings creamy herb sauce
- ☐ 1 optional: lemon cut in half

- ☐ 1 cranberry–orange relish cut in half
- ☐ 72 ounces salmon fillet , skin on cut
- ☐ 2 teaspoons sea salt

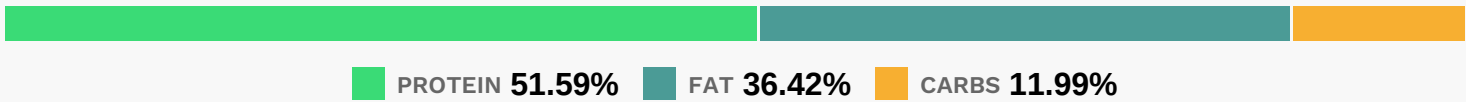
Equipment

- ☐ spatula

Directions

- ☐ Divide wine and broth equally into 2 large skillets or fish poachers. Squeeze juice from orange and lemon, and add juice and halves to pans.
- ☐ Add basil leaves and next 3 ingredients; bring to a simmer over medium heat. Reduce heat to low, and add salmon fillets, skin side up. Cover and simmer 5 to 7 minutes or until fish is cooked and flakes with a fork.
- ☐ Remove from pans with a slotted spatula, and place on a plate to cool. (Fish will continue to cook after you remove it from the liquid.) Refrigerate until ready to serve.
- ☐ Remove skin just before serving.
- ☐ Serve with Creamy Herb Sauce.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:27.430869335066%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 5.73mg, Hesperetin: 5.73mg, Hesperetin: 5.73mg, Hesperetin: 5.73mg Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 319.47kcal (15.97%), Fat: 10.99g (16.91%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 6.38g (2.32%), Sugar: 2.05g (2.28%), Cholesterol: 93.55mg (31.18%), Sodium: 491.89mg (21.39%), Alcohol: 6.18g (100%), Alcohol %: 2.77% (100%), Protein: 35.03g (70.05%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.36µg (89.09%), Vitamin B6: 1.47mg (73.27%), Vitamin B3: 13.86mg (69.29%), Vitamin B2: 0.69mg (40.46%), Phosphorus: 372.14mg (37.21%), Vitamin A: 1647.98IU (32.96%), Vitamin B5: 2.95mg (29.53%), Vitamin B1: 0.44mg (29.18%), Potassium: 974.52mg (27.84%), Copper: 0.47mg (23.32%), Vitamin C: 13.78mg (16.71%), Magnesium: 64.74mg (16.19%), Folate: 56.4µg (14.1%), Iron: 1.91mg (10.6%), Manganese: 0.19mg (9.68%), Zinc: 1.32mg (8.77%), Fiber: 1.76g (7.04%), Calcium: 41.34mg (4.13%), Vitamin K: 1.21µg (1.15%)