



 **82%**
HEALTH SCORE

Oil-Poached Salmon with Fresh Cucumber Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup basil leaves
- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black divided freshly ground
- 2 cups cucumber english peeled diagonally sliced
- 1 tablespoon basil fresh chopped
- 4 garlic cloves crushed
- 1 large optional: lemon thinly sliced

- 2 tablespoons juice of lemon fresh
- 5 cups olive oil
- 24 ounce salmon fillet skinless ()
- 0.3 teaspoon salt
- 0.3 teaspoon salt divided

Equipment

- bowl
- frying pan
- paper towels
- kitchen thermometer

Directions

- To prepare salmon, clip a kitchen thermometer onto side of a 10-inch skillet.
- Add oil, basil leaves, lemon slices, and garlic to pan; heat to 15
- Add fish to oil; cook for 12 minutes or until desired degree of doneness.
- Remove fish from oil; place on paper towels to drain.
- Sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Toss cucumber with 1/8 teaspoon salt and 1/8 teaspoon pepper; set aside.
- Combine juice, chopped basil, remaining 1/8 teaspoon salt, and remaining 1/8 teaspoon pepper in a small bowl; drizzle over fish.
- Serve with cucumber salad.
- Garnish with basil leaves, if desired.

Nutrition Facts

 **PROTEIN 18.56%**  **FAT 78.16%**  **CARBS 3.28%**

Properties

Glycemic Index:64.88, Glycemic Load:0.78, Inflammation Score:0, Nutrition Score:31.023043549579%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 741.92kcal (37.1%), Fat: 64.98g (99.98%), Saturated Fat: 9.16g (57.25%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.92g (1.79%), Sugar: 1.77g (1.97%), Cholesterol: 93.55mg (31.18%), Sodium: 368.95mg (16.04%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 34.73g (69.46%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.8µg (89.72%), Vitamin B6: 1.48mg (74.02%), Vitamin B3: 13.51mg (67.55%), Vitamin K: 55.92µg (53.26%), Vitamin E: 7.88mg (52.5%), Vitamin B2: 0.68mg (39.79%), Phosphorus: 364.44mg (36.44%), Vitamin B5: 3.05mg (30.54%), Potassium: 980.35mg (28.01%), Vitamin B1: 0.42mg (27.9%), Vitamin C: 20.23mg (24.53%), Copper: 0.48mg (24.15%), Magnesium: 62.02mg (15.5%), Folate: 53.14µg (13.28%), Iron: 2.16mg (12%), Manganese: 0.19mg (9.61%), Zinc: 1.28mg (8.52%), Vitamin A: 314.95IU (6.3%), Calcium: 49.38mg (4.94%), Fiber: 1.2g (4.82%)