



Oven Poached Salmon a la Paige with Dill, Vidalia Onion and Cucumber Relish

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter cold
- 2 cups chicken broth
- 0.5 cucumber seedless chopped
- 1 sprigs several plus 3 tablespoons dill fresh chopped
- 2 radishes chopped
- 1 teaspoon salt
- 4 servings salt and pepper

- 2 teaspoons sugar
- 1 small vidalia onion chopped
- 0.3 cup citrus champagne vinegar
- 4 servings each

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F.
- Rub the bottom of a shallow baking dish with cold butter. Arrange salmon in dish. Season the fish with salt and pepper.
- Add broth and a few sprigs of dill to the pan. Roast the fish 12 to 15 minutes.
- Combine sugar, salt and vinegar in the bottom of a medium bowl.
- Add chopped onions, chopped cucumber and radishes.
- Sprinkle in 3 tablespoons chopped dill and toss the mixture to coat in vinegar, sugar and salt.
- Remove fish from the oven. Spoon pan juices over fish and carefully transfer to individual plates or platter. Top fish with relish and serve.

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:26.513478019963%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate:

0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin:
0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol:
1.02mg, Kaempferol: 1.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg
Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg

Nutrients (% of daily need)

Calories: 316.53kcal (15.83%), Fat: 13.98g (21.51%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 10.23g (3.41%), Net
Carbohydrates: 9.27g (3.37%), Sugar: 7.32g (8.13%), Cholesterol: 103.38mg (34.46%), Sodium: 1317.79mg (57.3%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.87%), Vitamin B12: 5.44µg (90.59%), Selenium:
63.11µg (90.15%), Vitamin B6: 1.51mg (75.74%), Vitamin B3: 13.77mg (68.87%), Vitamin B2: 0.75mg (43.93%),
Phosphorus: 378.51mg (37.85%), Vitamin B5: 3.02mg (30.25%), Vitamin B1: 0.45mg (30.22%), Potassium:
1019.64mg (29.13%), Copper: 0.51mg (25.38%), Folate: 64.84µg (16.21%), Magnesium: 63.71mg (15.93%), Iron: 1.85mg
(10.27%), Manganese: 0.18mg (9.24%), Zinc: 1.37mg (9.12%), Vitamin C: 5.44mg (6.59%), Vitamin K: 6.67µg (6.35%),
Calcium: 50.49mg (5.05%), Vitamin A: 202.02IU (4.04%), Fiber: 0.97g (3.86%), Vitamin E: 0.16mg (1.04%)