



Pinot Noir-Poached Salmon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter divided
- 2 carrots chopped
- 1 rib celery chopped
- 3 garlic cloves minced
- 1 onion chopped
- 0.1 teaspoon pepper freshly ground
- 750 milliliter pinot noir chocolate brownies
- 24 ounce salmon fillet

- 0.3 teaspoon salt
- 1 teaspoon sugar

Equipment

- frying pan
- whisk
- sieve
- aluminum foil

Directions

- Melt 2 tablespoons butter in a 10-inch, straight-sided skillet over medium heat.
- Add garlic and next 3 ingredients; saut 15 minutes or until vegetables are tender and onion is lightly browned.
- Add wine; bring to a boil over high heat. Carefully place salmon into skillet. Cover, reduce heat to medium-low, and poach 5 minutes or until salmon flakes with a fork.
- Transfer salmon to serving plate; cover with foil. Increase heat to high. Bring mixture to a boil; cook, uncovered, 10 minutes.
- Pour mixture through a wire-mesh strainer, and discard vegetables. Bring wine broth to a boil; cook over high heat 3 minutes or until reduced to 1/2 cup.
- Remove from heat, and whisk in sugar, salt, pepper, and remaining butter.
- Serve sauce over salmon.

Nutrition Facts

 **PROTEIN 33.81%**  **FAT 54.9%**  **CARBS 11.29%**

Properties

Glycemic Index:75.73, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:29.863913183627%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 551.28kcal (27.56%), Fat: 25.09g (38.61%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 10.22g (3.72%), Sugar: 3.65g (4.05%), Cholesterol: 131.18mg (43.73%), Sodium: 355.46mg (15.45%), Alcohol: 19.45g (100%), Alcohol %: 5.65% (100%), Protein: 34.76g (69.53%), Vitamin A: 5602.91IU (112.06%), Vitamin B12: 5.44µg (90.65%), Selenium: 62.76µg (89.65%), Vitamin B6: 1.5mg (74.76%), Vitamin B3: 13.73mg (68.63%), Vitamin B2: 0.68mg (40.02%), Phosphorus: 366.65mg (36.66%), Vitamin B5: 2.98mg (29.82%), Vitamin B1: 0.42mg (28.18%), Potassium: 985.98mg (28.17%), Copper: 0.46mg (22.88%), Magnesium: 56.79mg (14.2%), Folate: 54.24µg (13.56%), Iron: 1.56mg (8.67%), Zinc: 1.25mg (8.35%), Manganese: 0.15mg (7.63%), Fiber: 1.39g (5.55%), Vitamin C: 4.54mg (5.51%), Vitamin K: 5.57µg (5.31%), Calcium: 45.55mg (4.56%), Vitamin E: 0.62mg (4.11%)