



Pinot-poached Salmon with Onion Confit

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large bay leaf
- 0.3 teaspoon pepper black freshly ground
- 2 cups seafood broth
- 1.5 tablespoons brown sugar
- 0.3 cup flat-leaf parsley fresh chopped
- 3 garlic cloves sliced
- 0.5 cup kalamata olives pitted sliced
- 750 milliliter pinot noir chocolate brownies divided

- 36 ounce salmon fillet
- 4 onions sweet halved sliced
- 0.3 cup butter unsalted divided
- 1 bell pepper yellow cut into thin strips

Equipment

- frying pan
- sauce pan
- spatula
- dutch oven

Directions

- Melt 3 tablespoons butter in a large skillet over medium heat.
- Add onion, and cook 20 minutes, stirring often.
- Add 1 1/2 cups of wine, bell pepper, and brown sugar; cook 20 minutes or until onion is tender, stirring often.
- Add olives, and cook 5 minutes, stirring often.
- Remove from heat, and keep warm.
- Combine remaining wine, fish broth, garlic, and bay leaf in a deep skillet or Dutch oven; bring to a simmer.
- Add salmon, skin-side down. Cover and simmer 7 minutes or until fish flakes easily with a fork.
- Remove to a serving platter with a slotted spatula.
- Pour 1 cup poaching liquid into a small saucepan; bring to a boil. Simmer, uncovered, until liquid reduces to 1/3 cup.
- Remove from heat, and stir in remaining 1 tablespoon butter, parsley, and pepper. Spoon 1/2 cup onion confit over each salmon fillet; drizzle with butter-parsley sauce.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:33.473913076131%

Flavonoids

Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 2.95mg, Myricetin: 2.95mg, Myricetin: 2.95mg, Myricetin: 2.95mg Quercetin: 32.28mg, Quercetin: 32.28mg, Quercetin: 32.28mg, Quercetin: 32.28mg

Nutrients (% of daily need)

Calories: 522.59kcal (26.13%), Fat: 20.43g (31.43%), Saturated Fat: 6.77g (42.3%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 23.22g (8.44%), Sugar: 14.76g (16.4%), Cholesterol: 113.89mg (37.96%), Sodium: 585.28mg (25.45%), Alcohol: 12.97g (100%), Alcohol %: 2.56% (100%), Protein: 36.18g (72.36%), Selenium: 63.7µg (91%), Vitamin B12: 5.43µg (90.42%), Vitamin B6: 1.74mg (86.9%), Vitamin B3: 13.92mg (69.59%), Vitamin C: 50.79mg (61.56%), Vitamin B2: 0.7mg (41.4%), Phosphorus: 411.27mg (41.13%), Vitamin K: 42.64µg (40.61%), Potassium: 1170.16mg (33.43%), Vitamin B1: 0.49mg (32.57%), Vitamin B5: 3.12mg (31.17%), Copper: 0.6mg (29.79%), Folate: 102.97µg (25.74%), Magnesium: 75.05mg (18.76%), Vitamin A: 769.56IU (15.39%), Manganese: 0.26mg (13.07%), Iron: 2.3mg (12.78%), Fiber: 2.68g (10.7%), Zinc: 1.47mg (9.79%), Calcium: 84.01mg (8.4%), Vitamin E: 0.71mg (4.75%)