



Poached Salmon



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pounds salmon fillet



2 servings salt



0.5 cup cooking wine dry white good (a Sauvignon Blanc)



0.5 cup water



1 shallots peeled thinly sliced thin



1 sprigs sprinkle of dill dried fresh



1 sprig parsley fresh



2 servings pepper black freshly ground

☐ 3 slices lemon to serve fresh

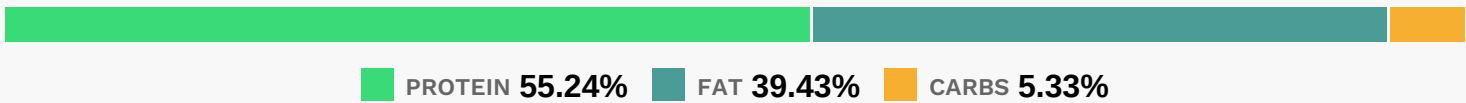
Equipment

☐ frying pan

Directions

- ☐ the salmon fillets with a little salt.
- ☐ Put the wine, water, dill, parsley and shallots or onions in a sauté pan, and bring to a simmer on medium heat.
- ☐ Place salmon fillets, skin-side down on the pan. Cover.
- ☐ Cook 5 to 10 minutes, depending on the thickness of the fillet, or to desired done-ness. Do not overcook.
- ☐ Serve sprinkled with freshly ground black pepper and a slice or two of lemon.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:30.6473913575%

Flavonoids

Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 382.36kcal (19.12%), Fat: 14.43g (22.2%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.65g (1.33%), Sugar: 1.25g (1.39%), Cholesterol: 124.74mg (41.58%), Sodium: 298.61mg (12.98%), Alcohol: 6.2g (100%), Alcohol %: 2.13% (100%), Protein: 45.49g (90.99%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.98µg (118.54%), Vitamin B6: 1.91mg (95.38%), Vitamin B3: 17.87mg (89.35%), Vitamin B2: 0.87mg (51.02%), Phosphorus: 463.29mg (46.33%), Vitamin B5: 3.83mg (38.34%), Vitamin B1: 0.52mg (34.99%), Potassium:

1172.42mg (33.5%), Copper: 0.59mg (29.69%), Magnesium: 70.31mg (17.58%), Folate: 63.03µg (15.76%), Iron: 2.08mg (11.54%), Zinc: 1.52mg (10.14%), Vitamin C: 7.32mg (8.87%), Vitamin K: 8.46µg (8.06%), Manganese: 0.09mg (4.56%), Calcium: 37.81mg (3.78%), Fiber: 0.74g (2.95%), Vitamin A: 143.91IU (2.88%)