



HEALTH SCORE

79%

Poached Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots sliced
- ☐ 1 rib celery sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 sprigs thyme leaves fresh
- ☐ 2 tablespoons juice of lemon
- ☐ 1 onion sliced
- ☐ 0.3 teaspoon pepper
- ☐ 24 oz salmon fillet

☐ 0.5 teaspoon salt

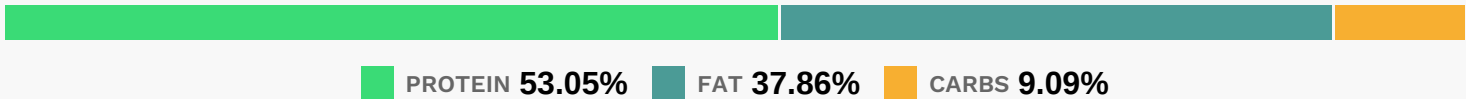
Equipment

☐ slow cooker

Directions

- ☐ Combine 2 cups cold water, wine, onion, carrot, celery, lemon juice, salt, pepper and thyme in slow cooker. Cover and cook on high for 20 minutes.
- ☐ Carefully lower salmon fillets into liquid.
- ☐ Pour in additional warm water, if needed, so that liquid just covers salmon. Cover, reduce heat to low; cook until salmon is light pink and firm, 35 to 40 minutes. Gently lift out and serve warm, or let cool, wrap in plastic and refrigerate.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:27.747826234154%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 287.51kcal (14.38%), Fat: 10.9g (16.77%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.5g (2.78%), Cholesterol: 93.55mg (31.18%), Sodium: 386.82mg (16.82%), Alcohol: 3.09g (100%), Alcohol %: 1.49% (100%), Protein: 34.36g (68.73%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.32µg (89.03%), Vitamin B6: 1.47mg (73.71%), Vitamin B3: 13.64mg (68.19%), Vitamin A: 2697.92IU (53.96%), Vitamin B2: 0.68mg (39.87%), Phosphorus: 362.9mg (36.29%), Vitamin B5: 2.96mg (29.59%), Potassium:

983.74mg (28.11%), Vitamin B1: 0.41mg (27.54%), Copper: 0.45mg (22.74%), Magnesium: 59.88mg (14.97%), Folate: 56.41µg (14.1%), Iron: 1.72mg (9.54%), Vitamin C: 7.35mg (8.91%), Zinc: 1.24mg (8.27%), Manganese: 0.16mg (8.02%), Vitamin K: 5.38µg (5.12%), Fiber: 1.21g (4.85%), Calcium: 42.69mg (4.27%)