



Poached Salmon and Watercress Salad with Dill-Yogurt Dressing



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 celery stalks cut into 2-inch pieces
- ☐ 2 tablespoons optional: dill fresh divided chopped
- ☐ 0.5 teaspoon horseradish fresh grated
- ☐ 1 teaspoon kosher salt divided
- ☐ 1 lemon zest divided
- ☐ 0.5 cup yogurt plain low-fat

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1.5 cups radishes sliced
- ☐ 24 ounce salmon fillet thick (2 inches)
- ☐ 1 bunch spring onion whole divided sliced into 1/2-inch pieces, whites left ,
- ☐ 3 ounces sugar snap peas thinly sliced
- ☐ 8 cups watercress thick

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ spatula
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Fill a high-sided skillet or large pot with 6 cups water; add celery, scallion whites, and lemon slices to pot.
- ☐ Add 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a boil over high heat; cover, reduce heat, and simmer. Cook until fragrant (8-10 minutes).
- ☐ Add salmon (water should just cover fillets) to pot; cover and gently simmer until fish is opaque (5-8 minutes). With tongs or a fish spatula, remove salmon from broth; set aside on a cutting board to cool.
- ☐ While fish is poaching, make the dressing: In a medium bowl, combine yogurt, chopped dill, horseradish, lemon zest, lemon juice, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper, whisking well. Arrange watercress, snap peas, radishes, and dill fronds on 4 plates; top with salmon, and sprinkle with scallion greens.
- ☐ Drizzle with dressing; serve.

Nutrition Facts



 **PROTEIN 48.28%**  **FAT 42.73%**  **CARBS 8.99%**

Properties

Glycemic Index:43.75, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:38.61043457363%

Flavonoids

Pelargonidin: 27.46mg, Pelargonidin: 27.46mg, Pelargonidin: 27.46mg, Pelargonidin: 27.46mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 16.15mg, Kaempferol: 16.15mg, Kaempferol: 16.15mg, Kaempferol: 16.15mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg

Nutrients (% of daily need)

Calories: 318.93kcal (15.95%), Fat: 14.94g (22.99%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 5.06g (1.84%), Sugar: 4.17g (4.63%), Cholesterol: 95.39mg (31.8%), Sodium: 725.46mg (31.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38g (75.99%), Vitamin K: 191.38µg (182.26%), Vitamin B12: 5.58µg (93.01%), Selenium: 64.19µg (91.7%), Vitamin B6: 1.57mg (78.37%), Vitamin B3: 13.83mg (69.13%), Vitamin C: 51.94mg (62.96%), Vitamin A: 2570.25IU (51.4%), Vitamin B2: 0.84mg (49.14%), Phosphorus: 448.43mg (44.84%), Potassium: 1301.59mg (37.19%), Vitamin B5: 3.47mg (34.71%), Vitamin B1: 0.5mg (33.41%), Copper: 0.53mg (26.63%), Magnesium: 80.57mg (20.14%), Folate: 76.58µg (19.14%), Calcium: 187.28mg (18.73%), Manganese: 0.34mg (16.94%), Iron: 2.29mg (12.71%), Zinc: 1.65mg (11.01%), Vitamin E: 1.32mg (8.8%), Fiber: 2.02g (8.08%)