



Poached Salmon Fillets with Watercress Mayonnaise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard coarse-grained
- ☐ 0.3 cup wine dry white
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 4 parsley fresh
- ☐ 36 ounce salmon fillet with skin
- ☐ 1 shallots thinly sliced

- ☐ 1 thyme sprigs fresh
- ☐ 0.3 cup water
- ☐ 0.5 cup watercress finely chopped

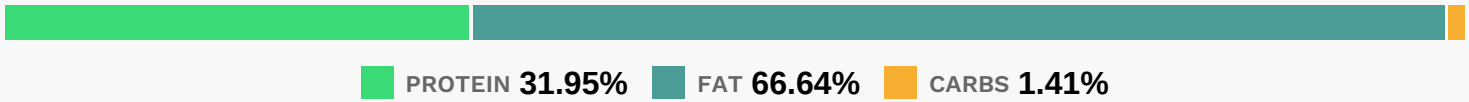
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Mix first 4 ingredients in small bowl to blend; season to taste with salt and pepper.
- ☐ Combine 1/3 cup water, wine, shallot, parsley, and thyme in large skillet.
- ☐ Place salmon fillets, skin side down, in skillet; sprinkle with salt and pepper. Cover skillet tightly and simmer over medium-low heat until salmon is barely opaque in center, about 10 minutes.
- ☐ Remove from heat; let stand, covered, 5 minutes.
- ☐ Transfer salmon to platter; discard wine mixture. Cover salmon with plastic wrap and chill until cold, at least 4 hours. (Watercress mayonnaise and salmon can be made 1 day ahead. Cover separately and keep chilled.)
- ☐ Place 1 salmon fillet on each of 6 plates.
- ☐ Serve with watercress mayonnaise.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:27.140000120453%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

Naringenin: 0.06mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 448.3kcal (22.41%), Fat: 31.83g (48.97%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.68g (0.76%), Cholesterol: 105.31mg (35.1%), Sodium: 283.52mg (12.33%), Alcohol: 1.37g (100%), Alcohol %: 0.74% (100%), Protein: 34.33g (68.67%), Selenium: 63.67µg (90.96%), Vitamin B12: 5.44µg (90.71%), Vitamin B6: 1.42mg (71.08%), Vitamin B3: 13.42mg (67.12%), Vitamin K: 63.78µg (60.74%), Vitamin B2: 0.66mg (38.89%), Phosphorus: 356mg (35.6%), Vitamin B5: 2.92mg (29.17%), Vitamin B1: 0.4mg (26.57%), Potassium: 881.13mg (25.18%), Copper: 0.44mg (22.15%), Magnesium: 54.39mg (13.6%), Folate: 47.16µg (11.79%), Iron: 1.62mg (9.01%), Zinc: 1.19mg (7.96%), Vitamin E: 0.96mg (6.42%), Vitamin A: 242.72IU (4.85%), Manganese: 0.08mg (3.92%), Vitamin C: 3.04mg (3.68%), Calcium: 32.41mg (3.24%), Fiber: 0.3g (1.21%)