



Poached Salmon I

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.3 cup carrots chopped
- 0.3 cup celery chopped
- 0.5 cup cooking wine dry white
- 0.3 cup onion chopped
- 3 pounds salmon steaks
- 6 servings salt and pepper to taste
- 4 cups water

Equipment

- frying pan
- cheesecloth

Directions

- In a large skillet, heat the butter and saute the onions, carrots, and celery for 5 minutes.
- Add the water, wine, and salt and pepper to the skillet.
- Let the mixture simmer for 5 additional minutes.
- Wrap the salmon in cheesecloth and place it in the boiling liquid. Lower the heat, cover, and simmer gently for about 15 minutes (5 minutes per pound in case you bought a larger salmon steak).
- Remove salmon from the skillet carefully, unwrap and serve hot.

Nutrition Facts

  
 **PROTEIN 51.19%**  **FAT 46.32%**  **CARBS 2.49%**

Properties

Glycemic Index:28.47, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:31.211304358814%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 379.17kcal (18.96%), Fat: 18.2g (28%), Saturated Fat: 4.63g (28.95%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.98g (1.09%), Cholesterol: 134.77mg (44.92%), Sodium: 342.22mg (14.88%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 45.25g (90.51%), Vitamin B12: 7.22µg (120.33%), Selenium: 82.92µg (118.46%), Vitamin B6: 1.89mg (94.5%), Vitamin B3: 17.95mg (89.74%), Vitamin B2: 0.88mg (51.54%),

Phosphorus: 464.73mg (46.47%), Vitamin B5: 3.83mg (38.32%), Vitamin B1: 0.52mg (34.92%), Potassium: 1176.98mg (33.63%), Copper: 0.6mg (30.09%), Vitamin A: 1420.69IU (28.41%), Magnesium: 71.81mg (17.95%), Folate: 62.1µg (15.52%), Iron: 1.92mg (10.68%), Zinc: 1.54mg (10.24%), Manganese: 0.09mg (4.38%), Calcium: 41.62mg (4.16%), Vitamin K: 3.02µg (2.88%), Fiber: 0.44g (1.76%), Vitamin C: 1.25mg (1.52%), Vitamin E: 0.17mg (1.15%)