



 **56%**
HEALTH SCORE

Poached Salmon Niçoise

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil chopped
- 2 bay leaves
- 10 peppercorns black
- 5 tablespoons champagne vinegar
- 2 tablespoons flat-leaf parsley chopped
- 3 garlic cloves minced
- 0.3 pound regular green beans french boiled trimmed (green beans)
- 4 hard-cooked eggs cut into quarters

- 1 tablespoon kosher salt
- 0.7 cup olive oil extra-virgin
- 0.5 cup niçoise olives pitted
- 10 small yellow-skinned new potatoes boiled cut in half
- 3 roma tomatoes cut into lengthwise wedges
- 2 pounds skin-on salmon fillet pieces wild thick ()
- 6 servings sea salt to taste
- 2 large bunches watercress ends trimmed
- 2 cups white wine
- 1 tablespoon whole-grain mustard

Equipment

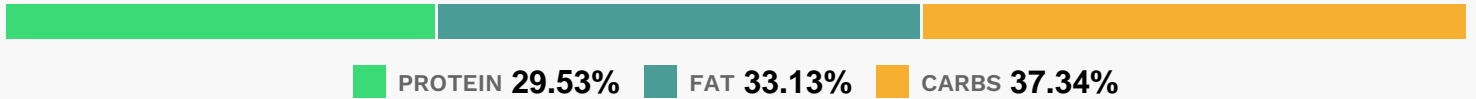
- bowl
- frying pan
- whisk
- wire rack
- roasting pan
- aluminum foil
- spatula

Directions

- To a large roasting pan, add bay leaves, kosher salt, peppercorns, and wine.
- Add salmon and enough water to cover.
- Remove salmon and set aside; bring liquid to a boil, covered. Reduce to a simmer, then gently slide salmon into liquid and simmer 10 to 15 minutes, covered, until salmon is just opaque.
- While salmon is cooking, make the dressing: In a small bowl, whisk together garlic, mustard, and vinegar. Gradually whisk in oil until dressing is emulsified.
- Whisk in herbs and season with sea salt.

- Using 2 spatulas, remove salmon, place on a cooling rack set on a sheet pan, and chill 10 minutes, loosely covered with foil. Discard poaching liquid.
- Remove salmon from refrigerator and break into large pieces, discarding skin. On a very large serving platter, top watercress with pieces of fish, potatoes, eggs, green beans, olives, and tomatoes.
- Drizzle dressing over everything and serve immediately, accompanied by crusty bread.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:41.106087041938%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 607.81kcal (30.39%), Fat: 20.26g (31.17%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 45.04g (16.38%), Sugar: 6.35g (7.06%), Cholesterol: 207.49mg (69.16%), Sodium: 1727.38mg (75.1%), Alcohol: 8.24g (100%), Alcohol %: 1.59% (100%), Protein: 40.63g (81.26%), Selenium: 68.25µg (97.5%), Vitamin B6: 1.88mg (93.89%), Vitamin B12: 5.18µg (86.3%), Vitamin B3: 15.65mg (78.24%), Potassium: 2274.72mg (64.99%), Phosphorus: 569.68mg (56.97%), Vitamin B2: 0.88mg (51.63%), Vitamin K: 48.06µg (45.77%), Vitamin B1: 0.64mg (42.41%), Copper: 0.83mg (41.29%), Vitamin C: 33.51mg (40.62%), Vitamin B5: 3.91mg (39.08%), Manganese: 0.68mg (34.07%), Magnesium: 130.48mg (32.62%), Folate: 118.31µg (29.58%), Fiber: 6.32g (25.27%), Iron: 4.52mg (25.11%), Vitamin A: 849.5IU (16.99%), Zinc: 2.52mg (16.77%), Vitamin E: 1.77mg (11.78%), Calcium: 96.65mg (9.67%), Vitamin D: 0.73µg (4.89%)