



Poached Salmon Steaks with Yogurt-Dill Sauce



Gluten Free



Very Healthy

READY IN



17 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 rib celery sliced
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup yogurt plain low-fat
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 onion sliced
- ☐ 24 oz salmon steaks

☐ 4 servings salt and pepper

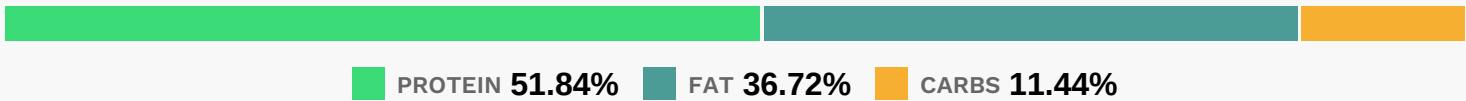
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ In a saucepan, combine chicken broth, onion and celery. Bring to a boil and cook about 2 minutes.
- ☐ While broth is boiling, blend yogurt, lemon juice and dill in a small bowl. Season with salt and pepper and set aside.
- ☐ Season salmon on both sides with salt and pepper.
- ☐ Add to skillet with broth mixture; cover and reduce heat to a simmer. Poach until fish just starts to flake when prodded with a fork, 8 to 10 minutes.
- ☐ Lift salmon out of broth with tongs or a slotted spoon and serve warm with a generous dollop of dill sauce.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:28.071304486498%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.22mg,

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Nutrients (% of daily need)

Calories: 312.13kcal (15.61%), Fat: 12.51g (19.25%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.22g (2.99%), Sugar: 5.73g (6.37%), Cholesterol: 97.23mg (32.41%), Sodium: 350.04mg (15.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.74g (79.48%), Vitamin B12: 5.87µg (97.83%), Selenium: 64.25µg (91.78%), Vitamin B3: 15.14mg (75.69%), Vitamin B6: 1.47mg (73.68%), Vitamin B2: 0.83mg (48.8%), Phosphorus: 474.07mg (47.41%), Potassium: 1144.66mg (32.7%), Vitamin B5: 3.24mg (32.43%), Vitamin B1: 0.43mg (28.45%), Copper: 0.51mg (25.46%), Magnesium: 65.54mg (16.39%), Calcium: 150.1mg (15.01%), Folate: 59.73µg (14.93%), Zinc: 1.83mg (12.19%), Iron: 1.91mg (10.63%), Vitamin C: 6.48mg (7.86%), Vitamin A: 327.89IU (6.56%), Manganese: 0.1mg (5.17%), Fiber: 0.54g (2.18%)