



Poached Salmon with Champagne Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce regular corn canned
- 750 ml brut champagne
- 2 sprigs parsley fresh plus more for garnish
- 1 pint grape tomatoes halved
- 0.5 cup heavy cream
- 1 slices optional: lemon for garnish
- 2 teaspoons juice of lemon
- 2 tablespoons olive oil

- 3 tablespoons olive oil and vinegar dressing
- 4 servings parmesan shaved for garnish
- 1.5 pounds salmon fillet
- 1 large shallots finely chopped
- 1 tablespoon sauce mix white
- 8 ounce arugala
- 8 ounce arugala

Equipment

- frying pan
- ladle
- whisk
- pot

Directions

- In a large straight sided frying pan over medium-high heat, add olive oil.
- Add shallots and saute until soft; 1 to 2 minutes.
- Add Champagne, lemon juice, and parsley to pan. Bring to a boil and reduce heat to a bare simmer.
- Slide fillets into liquid, cover and poach 3 to 4 minutes or until done.
- Transfer to plate; set aside. DO NOT EMPTY PAN.
- Ladle 1/2 cup of poaching liquid into small pot over medium heat.
- Add cream and bring to a boil. Reduce to a simmer and whisk in white sauce mix. Stirring constantly, simmer 1 minute. Return fish to poaching liquid just to heat through.
- Transfer fish to serving plate, spoon over sauce and garnish with lemon and parsley.
- For the salad, mix together arugula, tomatoes, corn, and dressing.
- Garnish with Parmesan shavings.

Nutrition Facts



■ PROTEIN 27.95% ■ FAT 63.06% ■ CARBS 8.99%

Properties

Glycemic Index:38.13, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:36.73434790321%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 760.89kcal (38.04%), Fat: 47.44g (72.98%), Saturated Fat: 15.95g (99.67%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 13.52g (4.92%), Sugar: 7.72g (8.58%), Cholesterol: 147.57mg (49.19%), Sodium: 630.23mg (27.4%), Alcohol: 11.97g (100%), Alcohol %: 2.55% (100%), Protein: 47.31g (94.61%), Selenium: 70.19µg (100.27%), Vitamin B12: 5.82µg (96.94%), Vitamin B6: 1.59mg (79.29%), Vitamin B3: 14.6mg (73.02%), Phosphorus: 638.24mg (63.82%), Vitamin B2: 0.85mg (49.99%), Calcium: 428.26mg (42.83%), Potassium: 1395.98mg (39.89%), Vitamin A: 1767.96IU (35.36%), Vitamin B5: 3.17mg (31.74%), Vitamin B1: 0.46mg (30.37%), Vitamin K: 29.59µg (28.18%), Copper: 0.54mg (27.23%), Magnesium: 101.3mg (25.32%), Vitamin C: 19.93mg (24.15%), Vitamin E: 3.51mg (23.41%), Folate: 77.23µg (19.31%), Iron: 2.98mg (16.57%), Zinc: 2.45mg (16.32%), Manganese: 0.2mg (10.21%), Fiber: 1.69g (6.77%), Vitamin D: 0.63µg (4.17%)