



Poached Salmon with Creamy Herb Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces torn bibb lettuce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 peppercorns black
- ☐ 2 tablespoons chervil fresh chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 cups cooking wine dry white
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 4 slices optional: lemon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 2 parsley sprigs
- ☐ 24 ounce salmon fillet skinless ()
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots sliced
- ☐ 0.3 cup sorrel leaves fresh chopped
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 3 cups sugar snap peas trimmed
- ☐ 2 cups water

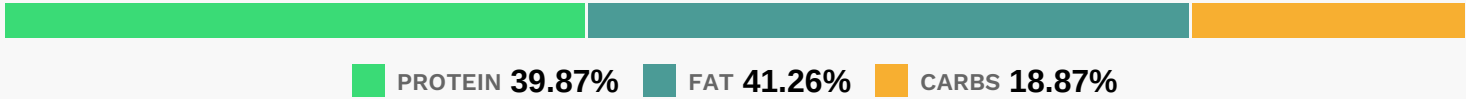
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ To prepare salmon, combine the first 6 ingredients in a large skillet; bring to a boil.
- ☐ Add fish to pan. Cover, reduce heat, and simmer 10 minutes (fish may not be completely cooked).
- ☐ Remove from heat.
- ☐ Let stand, covered, 10 minutes.
- ☐ Remove fish from pan with a slotted spoon; place on a dish. Cover and chill. Discard cooking liquid.
- ☐ To prepare sauce, combine mayonnaise and next 9 ingredients (through pepper) in a small bowl; cover and chill.
- ☐ Cook peas in boiling water 1 minute or until crisp-tender.
- ☐ Drain and rinse with cold water; drain. Arrange 2 cups of lettuce and 3/4 cup peas on each of 4 plates. Top each serving with 1 salmon fillet and about 3 tablespoons sauce.

Nutrition Facts



Properties

Glycemic Index:61.38, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:40.497825892075%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg, Hesperetin: 2.61mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 469.85kcal (23.49%), Fat: 17.48g (26.9%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 14.72g (5.35%), Sugar: 6.32g (7.03%), Cholesterol: 99.33mg (33.11%), Sodium: 520.32mg (22.62%), Alcohol: 12.36g (100%), Alcohol %: 2.67% (100%), Protein: 38.01g (76.02%), Selenium: 66.14µg (94.49%), Vitamin B12: 5.45µg (90.87%), Vitamin K: 95.29µg (90.75%), Vitamin B6: 1.66mg (83.04%), Vitamin B3: 14.28mg (71.38%), Vitamin C: 55mg (66.67%), Vitamin A: 2453.57IU (49.07%), Vitamin B2: 0.79mg (46.5%), Phosphorus: 451.31mg (45.13%), Potassium: 1347.85mg (38.51%), Vitamin B1: 0.55mg (36.82%), Vitamin B5: 3.56mg (35.59%), Folate: 120.85µg (30.21%), Copper: 0.55mg (27.43%), Iron: 4.86mg (27.02%), Manganese: 0.54mg (26.9%), Magnesium: 97.89mg (24.47%), Calcium: 141.79mg (14.18%), Fiber: 3.28g (13.1%), Zinc: 1.9mg (12.64%), Vitamin E: 1mg (6.68%)