



 **59%**  
HEALTH SCORE

## Poached Salmon with Cucumber Raita

 **Gluten Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**495 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 bay leaves
- 1 carrots sliced
- 1 cucumber grated peeled seeded
- 0.8 teaspoon thyme leaves dried
- 1.5 cups cooking wine dry white
- 2 tablespoons mint leaves fresh chopped
- 1 clove garlic minced
- 0.3 teaspoon fresh-ground pepper black

- 1 onion sliced
- 0.1 teaspoon paprika
- 9 sprigs parsley
- 0.3 teaspoon peppercorns
- 1.8 cups yogurt plain
- 2 pounds center-cut salmon fillet cut into 4 pieces
- 3.3 teaspoons salt
- 3 tablespoons vinegar
- 1.5 quarts water

## Equipment

- bowl
- frying pan

## Directions

- In a large deep frying pan, combine the water, wine, vinegar, onion, carrot, parsley, thyme, peppercorns, bay leaves, and 2 1/4 teaspoons of the salt. Cover and bring to a boil over high heat. Reduce the heat and simmer, partially covered, for 10 minutes.
- Meanwhile, in a medium glass or stainless-steel bowl, combine the cucumber and the remaining teaspoon salt.
- Let sit for 10 minutes. With your hands, squeeze the cucumber and discard the liquid.
- Put the cucumber back into the bowl and add the yogurt, garlic, mint, and ground pepper. Refrigerate until ready to serve.
- Add the fish to the liquid in the pan and bring back to a simmer. Simmer, partially covered, until the fish is just barely done (it should still be translucent in the center), about 4 minutes for a 1-inch-thick fillet.
- Remove the pan from the heat and let the fish sit in the liquid for 2 minutes.
- Transfer to plates and, if you like, remove the skin.
- Serve the salmon warm or at room temperature. Top with the raita and then sprinkle the raita with the paprika.

Wine Recommendation: To match the acidity of the yogurt and the richness of the fish, look for a white that blends crisp acidity with good body. Try a pinot gris from Oregon or a sauvignon blanc from New Zealand.

## Nutrition Facts

**PROTEIN 47.59%** **FAT 38.87%** **CARBS 13.54%**

### Properties

Glycemic Index:78.46, Glycemic Load:2.66, Inflammation Score:-10, Nutrition Score:40.795652091503%

### Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 4.99mg, Apigenin: 4.99mg, Apigenin: 4.99mg, Apigenin: 4.99mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

### Nutrients (% of daily need)

Calories: 495.26kcal (24.76%), Fat: 18.13g (27.9%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 12.3g (4.47%), Sugar: 8.83g (9.81%), Cholesterol: 138.67mg (46.22%), Sodium: 2076.56mg (90.29%), Alcohol: 9.27g (100%), Alcohol %: 1.28% (100%), Protein: 49.95g (99.89%), Vitamin B12: 7.61µg (126.81%), Selenium: 85.66µg (122.38%), Vitamin B6: 2.05mg (102.31%), Vitamin B3: 18.31mg (91.56%), Vitamin B2: 1.07mg (63.22%), Vitamin A: 3139.59IU (62.79%), Phosphorus: 606.73mg (60.67%), Vitamin K: 48.93µg (46.6%), Vitamin B5: 4.52mg (45.16%), Potassium: 1571.28mg (44.89%), Vitamin B1: 0.6mg (40.08%), Copper: 0.73mg (36.58%), Magnesium: 109.54mg (27.39%), Folate: 90.76µg (22.69%), Calcium: 216.03mg (21.6%), Manganese: 0.39mg (19.39%), Zinc: 2.53mg (16.84%), Iron: 2.99mg (16.64%), Vitamin C: 10.02mg (12.15%), Fiber: 1.92g (7.69%), Vitamin E: 0.25mg (1.65%)