



Poached Salmon with Honey-Mustard Sauce

 Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons capers
- 1 slices round buttery crackers
- 1 tablespoon dijon mustard
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon pepper black
- 1 tablespoon honey
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest grated

- 0.3 cup parsley
- 2 tablespoons onion red finely chopped
- 1 lb salmon fillet
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 4 cups water

Equipment

- bowl
- frying pan

Directions

- In 10 or 12-inch skillet, heat water, lemon slices, onion slices, parsley sprigs, 1/2 teaspoon salt and the pepper to boiling. Boil 3 minutes. Reduce heat to medium-low.
- Add salmon, skin side down. Cover and cook 5 to 6 minutes or until salmon flakes easily with fork.
- Remove salmon from liquid in skillet. Cool completely. Cover and refrigerate at least 2 hours but no longer than 24 hours. Discard liquid in skillet.
- In small bowl, mix lemon juice, honey, mustard and oil until well blended. In another small bowl, mix chopped parsley, red onion, capers and lemon peel.
- To serve, carefully remove skin from salmon; place salmon on serving plate.
- Sprinkle with 1/4 teaspoon salt.
- Drizzle honey-mustard sauce over salmon; sprinkle with parsley mixture.
- Serve with bread slices.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:1.23, Inflammation Score:-4, Nutrition Score:11.740434750267%

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: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 108.84kcal (5.44%), Fat: 5.44g (8.36%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.44g (2.71%), Cholesterol: 31.18mg (10.39%), Sodium: 286.82mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Vitamin K: 64.95µg (61.86%), Selenium: 21.39µg (30.56%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.47mg (23.73%), Vitamin B3: 4.54mg (22.68%), Vitamin B2: 0.22mg (13.17%), Phosphorus: 119.25mg (11.92%), Vitamin B5: 0.98mg (9.76%), Vitamin B1: 0.14mg (9.19%), Potassium: 311.91mg (8.91%), Copper: 0.17mg (8.67%), Vitamin C: 6.99mg (8.47%), Vitamin A: 341.34IU (6.83%), Folate: 21.53µg (5.38%), Magnesium: 21.27mg (5.32%), Iron: 0.76mg (4.22%), Zinc: 0.44mg (2.95%), Manganese: 0.04mg (1.91%), Calcium: 18.81mg (1.88%), Fiber: 0.32g (1.3%), Vitamin E: 0.19mg (1.27%)