



## Poached Salmon with Honey-Mustard Sauce

 Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups water
- 3 optional: lemon cut in half
- 3 onion cut in half
- 0.3 cup parsley
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black
- 1 lb salmon fillet
- 2 tablespoons juice of lemon

- 1 tablespoon honey
- 1 tablespoon dijon mustard
- 1 tablespoon vegetable oil
- 0.3 cup parsley fresh chopped
- 2 tablespoons onion red finely chopped
- 2 teaspoons capers
- 1 teaspoon lemon zest grated
- 0.3 teaspoon salt
- 1 slices round buttery crackers

## 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



■ PROTEIN **34.67%** ■ FAT **35.17%** ■ CARBS **30.16%**

## Properties

Glycemic Index:32.47, Glycemic Load:2.75, Inflammation Score:-6, Nutrition Score:14.656086859496%

## Flavonoids

Eriodictyol: 8.83mg, Eriodictyol: 8.83mg, Eriodictyol: 8.83mg, Eriodictyol: 8.83mg Hesperetin: 11.84mg, Hesperetin: 11.84mg, Hesperetin: 11.84mg, Hesperetin: 11.84mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

## Nutrients (% of daily need)

Calories: 137.09kcal (6.85%), Fat: 5.6g (8.61%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.64g (3.14%), Sugar: 5.2g (5.78%), Cholesterol: 31.18mg (10.39%), Sodium: 289.28mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin K: 65.12µg (62.02%), Vitamin C: 31.51mg (38.19%), Selenium: 21.76µg (31.08%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.56mg (27.83%), Vitamin B3: 4.63mg (23.13%), Vitamin B2: 0.24mg (14.3%), Phosphorus: 137.69mg (13.77%), Potassium: 428.03mg (12.23%), Vitamin B1: 0.17mg (11.53%), Vitamin B5: 1.1mg (11.04%), Copper: 0.2mg (10.22%), Fiber: 2.16g (8.64%), Folate: 33.82µg (8.46%), Magnesium: 28.63mg (7.16%), Vitamin A: 351.08IU (7.02%), Iron: 1.09mg (6.05%), Manganese: 0.1mg (5.18%), Calcium: 38.82mg (3.88%), Zinc: 0.54mg (3.58%), Vitamin E: 0.26mg (1.73%)