



WHATSheATE



Poached Salmon with Honey-Mustard Sauce



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons capers
- ☐ 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
- ☐ 2 tablespoons onion red finely chopped

- ☐ 1 lb salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water

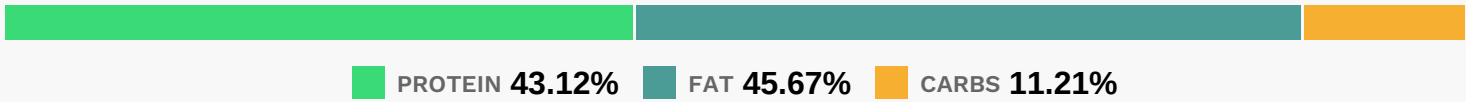
Equipment

- ☐ 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:21.91, Glycemic Load:1.21, Inflammation Score:-3, Nutrition Score:10.027825956759%

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: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 107.55kcal (5.38%), Fat: 5.39g (8.29%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.41g (2.68%), Cholesterol: 31.18mg (10.39%), Sodium: 139.32mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.91%), Vitamin K: 34.14µg (32.51%), Selenium: 21.38µg (30.55%), Vitamin B12: 1.8µg (30.05%), Vitamin B6: 0.47mg (23.64%), Vitamin B3: 4.51mg (22.53%), Vitamin B2: 0.22mg (13.05%), Phosphorus: 117.82mg (11.78%), Vitamin B5: 0.97mg (9.68%), Vitamin B1: 0.14mg (9.04%), Potassium: 301.35mg (8.61%), Copper: 0.17mg (8.52%), Vitamin C: 4.49mg (5.45%), Magnesium: 20.3mg (5.08%), Folate: 18.59µg (4.65%), Vitamin A: 183.39IU (3.67%), Iron: 0.64mg (3.54%), Zinc: 0.42mg (2.81%), Manganese: 0.03mg (1.71%), Calcium: 15.94mg (1.59%), Vitamin E: 0.17mg (1.14%), Fiber: 0.26g (1.04%)