



HEALTH SCORE

53%

Poached Salmon with Lemon Mint Tzatziki

 Gluten Free

READY IN



198 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups cooking wine dry white
- ☐ 1 cucumber english
- ☐ 2 sprigs flat-leaf parsley
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon lemon zest
- ☐ 2 lemons unpeeled sliced

- ☐ 1 cup non-fat yogurt
- ☐ 1 tablespoon mint leaves finely chopped
- ☐ 1 teaspoon olive oil
- ☐ 2 pound salmon fillet with skin
- ☐ 6 servings salt and pepper
- ☐ 1 scallion thinly sliced
- ☐ 2 cups water

Equipment

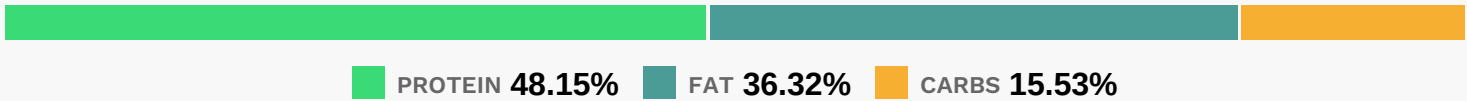
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the wine, water, bay leaves, parsley and of the sliced lemons into a large deep skillet and bring to a simmer.
- ☐ Add the salmon, skin side down.
- ☐ Add more water, if necessary, to cover the salmon. Cover the skillet and simmer over a low heat until the fish is just cooked through, about 8 minutes.
- ☐ Transfer the fish to a plate, cover it and chill it completely in the refrigerator, about 3 hours.
- ☐ To serve, peel the skin from the fillet and scrape away any brown flesh.
- ☐ Put the fish on a serving plate, garnish with scallion and the remaining lemon slices.
- ☐ Serve with Lemon Mint Tzatziki.
- ☐ Line a strainer with paper towel and put the strainer over a bowl.
- ☐ Put the yogurt in the strainer and place it in the refrigerator to drain and thicken for 3 hours.
- ☐ Seed and coarsely grate the cucumber.

Drain it well. In a medium bowl, stir together the thickened yogurt and olive oil. Stir in the cucumber, lemon juice, garlic, zest and mint. Season with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:26.668695449829%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 8.03mg, Eriodictyol: 8.03mg, Eriodictyol: 8.03mg, Eriodictyol: 8.03mg Hesperetin: 10.69mg, Hesperetin: 10.69mg, Hesperetin: 10.69mg, Hesperetin: 10.69mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 332.08kcal (16.6%), Fat: 11.07g (17.03%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.24g (3.36%), Sugar: 5.48g (6.08%), Cholesterol: 85.61mg (28.54%), Sodium: 299.41mg (13.02%), Alcohol: 8.24g (100%), Alcohol %: 2.36% (100%), Protein: 33.02g (66.04%), Vitamin B12: 5.04µg (83.95%), Selenium: 56.96µg (81.37%), Vitamin B6: 1.35mg (67.64%), Vitamin B3: 12.14mg (60.68%), Vitamin B2: 0.7mg (41.32%), Phosphorus: 395.46mg (39.55%), Vitamin B5: 3mg (30.01%), Potassium: 1031.58mg (29.47%), Vitamin C: 22.74mg (27.56%), Vitamin B1: 0.39mg (26.31%), Copper: 0.44mg (21.96%), Vitamin K: 18.61µg (17.73%), Magnesium: 70.41mg (17.6%), Folate: 53.7µg (13.42%), Calcium: 124.79mg (12.48%), Iron: 1.93mg (10.74%), Zinc: 1.58mg (10.55%), Manganese: 0.19mg (9.54%), Fiber: 1.42g (5.66%), Vitamin A: 227.37IU (4.55%), Vitamin E: 0.19mg (1.29%)