



Poached Salmon with Mustard Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 10 peppercorns black
- ☐ 1 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 juice of lemon

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- ☐ 1 teaspoon lemon zest
- ☐ 1 small onion coarsely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4 fillet crosscut salmon 2-inch-thick cut in half (3 lb. total)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 1 cup cup heavy whipping cream sour

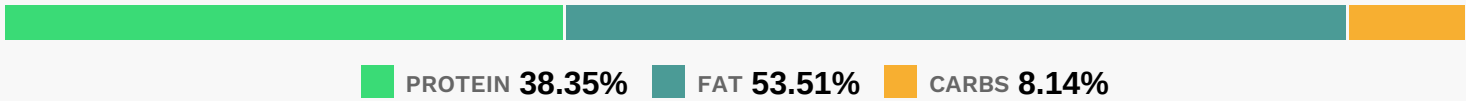
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ wire rack

Directions

- ☐ Place fillets in a large pan in a single layer and add enough water to cover by 1 inch.
- ☐ Add onion, celery, carrot, peppercorns, salt, bay leaf and lemon juice. Bring to a boil over high heat, then reduce heat until water is barely simmering. Simmer until salmon fillets are cooked through and beginning to flake, about 10 minutes. Gently remove salmon from water and transfer to a wire rack set over a baking sheet and let cool to room temperature.
- ☐ Make sauce: In a medium bowl, combine sour cream, mustard, lemon juice, dill, parsley, zest, salt and pepper and mix well to combine.
- ☐ Arrange salmon on a platter surrounded by lemon wedges and sprigs of parsley and dill.
- ☐ Serve with mustard-herb sauce on side.

Nutrition Facts



Properties

Glycemic Index:31.1, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:15.304782572%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg, Apigenin: 1.22mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 189.3kcal (9.47%), Fat: 11.15g (17.16%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.99g (2.21%), Cholesterol: 63.71mg (21.24%), Sodium: 1114.99mg (48.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.97%), Selenium: 33.46µg (47.79%), Vitamin B12: 2.76µg (46.06%), Vitamin B6: 0.74mg (36.94%), Vitamin B3: 6.85mg (34.23%), Vitamin A: 1560.47IU (31.21%), Vitamin B2: 0.39mg (22.68%), Phosphorus: 203.42mg (20.34%), Vitamin B5: 1.58mg (15.79%), Potassium: 520.34mg (14.87%), Vitamin B1: 0.22mg (14.48%), Copper: 0.23mg (11.72%), Vitamin K: 11.5µg (10.95%), Magnesium: 32.68mg (8.17%), Folate: 30.2µg (7.55%), Vitamin C: 4.74mg (5.74%), Calcium: 51.16mg (5.12%), Iron: 0.88mg (4.91%), Zinc: 0.72mg (4.78%), Manganese: 0.09mg (4.47%), Fiber: 0.72g (2.86%), Vitamin E: 0.2mg (1.35%)