



 **54%**
HEALTH SCORE

Poached salmon with pink grapefruit & basil sauce

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



25 min.

SERVINGS



6

CALORIES



136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 grapefruit
- 1 knorr hollandaise sauce well (see 'Goes with' below)
- 8 large leaves basil fresh shredded finely
- 2 bay leaves
- 3 sprigs thyme sprigs fresh
- 0.5 small onion sliced
- 3 tbsp red-wine vinegar

480 g salmon fillet

Equipment

bowl

frying pan

Directions

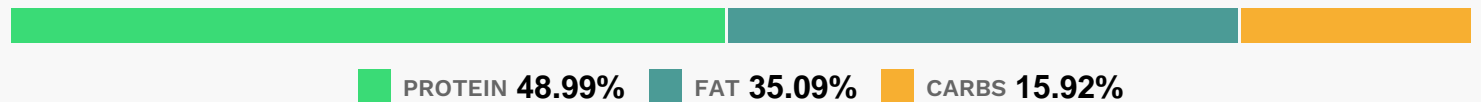
Top and tail the grapefruit, then slice off the peel and pith.

Cut through the membranes to release fine segments. Catch these in a bowl, along with any juice. Stir the segments into the hollandaise along with a few tbsp of juice and the basil. Set aside.

Boil 1 litre water in a wide shallow pan with the herbs, onion, vinegar and seasoning for 5 mins. Put in the salmon, pour over extra water to cover and poach gently until just firm, about 7 mins.

Remove and drain, then place on plates. Spoon over the sauce and serve with a green salad and potatoes.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.12, Inflammation Score:-7, Nutrition Score:13.165652167538%

Flavonoids

Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 136.46kcal (6.82%), Fat: 5.2g (7.99%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.19g (3.54%), Cholesterol: 44.02mg (14.67%), Sodium: 36.98mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.64%), Vitamin B12: 2.54µg (42.4%), Selenium:

29.27µg (41.82%), Vitamin B6: 0.69mg (34.37%), Vitamin B3: 6.4mg (31.99%), Vitamin B2: 0.32mg (18.93%), Vitamin C: 14.72mg (17.84%), Phosphorus: 170.91mg (17.09%), Vitamin B5: 1.45mg (14.54%), Vitamin B1: 0.2mg (13.49%), Potassium: 466.21mg (13.32%), Vitamin A: 583.77IU (11.68%), Copper: 0.22mg (11.11%), Magnesium: 29.19mg (7.3%), Folate: 27.39µg (6.85%), Iron: 0.84mg (4.68%), Zinc: 0.57mg (3.8%), Fiber: 0.87g (3.49%), Vitamin K: 2.79µg (2.66%), Manganese: 0.05mg (2.61%), Calcium: 24.26mg (2.43%)