



HEALTH SCORE

100%

Poached Salmon with Salsa Verde



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings pepper black



30 grams cilantro leaves



1 teaspoons ground coriander



0.3 cup olive oil extra virgin



20 grams flat parsley



1 clove garlic



0.3 teaspoon pepper white



2 tablespoons olive oil

- ☐ 1.5 pounds salmon
- ☐ 0.5 teaspoons frangelico
- ☐ 0.5 teaspoons frangelico

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen scale

Directions

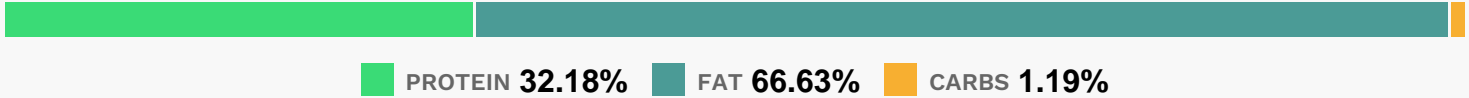
- ☐ Move the oven rack to the middle position and preheat to 250 degrees F (120 C).
- ☐ Cut a large piece of foil that's about four times the width of your salmon fillet, and a few inches longer. If your foil is not long enough, you may need to join a few sheet together by lining the edges up and folding them over a few times. Scale and debone your fillet and then use paper towels dry the surface of the fish. Rub 2 tablespoons of olive oil on both sides of the salmon and place the salmon skin-side down on the foil. Rub in the 4 cloves of grated garlic and sprinkle with the lemon zest, coriander powder, 1/2 teaspoon of salt and pepper. Fold the aluminum foil up and over the salmon and seal the top by folding down the top edge 3 or 4 times. Fold the left and right sides of the foil 3 or 4 times to make a package and place the package on a baking sheet.
- ☐ Bake the salmon for 25–30 min or until thermometer reads 135 F (57 C). To make the sauce, add the cilantro, flat-leaf parsley, 1/4 cup olive oil, 3 tablespoons of lemon juice, 1 clove of garlic, 1/2 teaspoon of salt, and white pepper to a small food processor or blender. Process until smooth.
- ☐ Cut the avocado in half lengthwise, and then remove the pit, and peel.
- ☐ Cut the avocado into 1/2" cubes and then toss with a little lemon juice to keep it from oxidizing. To serve the salmon, you can unwrap it and cut it up into portions or transfer it

whole onto a serving platter.

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Drizzle some sauce on and around the salmon and scatter the avocado on top.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:30.758695654247%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 429.51kcal (21.48%), Fat: 31.46g (48.4%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.12g (0.13%), Cholesterol: 93.55mg (31.18%), Sodium: 81.83mg (3.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Vitamin K: 117.77µg (112.16%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.4µg (89.15%), Vitamin B6: 1.42mg (70.84%), Vitamin B3: 13.54mg (67.68%), Vitamin B2: 0.67mg (39.18%), Phosphorus: 350.26mg (35.03%), Vitamin B5: 2.9mg (28.99%), Vitamin B1: 0.4mg (26.44%), Potassium: 911.22mg (26.03%), Copper: 0.46mg (22.96%), Vitamin E: 3.18mg (21.19%), Vitamin A: 995.95IU (19.92%), Magnesium: 55.9mg (13.97%), Folate: 54.83µg (13.71%), Iron: 2.04mg (11.33%), Vitamin C: 9.04mg (10.96%), Zinc: 1.21mg (8.1%), Manganese: 0.11mg (5.37%), Calcium: 38.22mg (3.82%), Fiber: 0.66g (2.63%)