



Poached Salmon with Spring Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon peppercorns black freshly ground
- ☐ 1 cup julienne-cut carrot
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup julienne-cut leek white green (1 large)
- ☐ 2 parsley sprigs
- ☐ 1 teaspoon pink peppercorns freshly ground
- ☐ 24 ounce salmon steaks ()

- ☐ 1 teaspoon salt
- ☐ 4 cups water

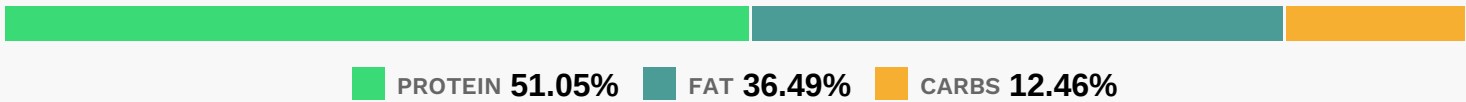
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine water, wine, and next 6 ingredients in a large Dutch oven. Bring mixture to a boil. Simmer, uncovered, over medium heat 20 minutes.
- ☐ Remove bay leaf and parsley; discard. Keep mixture at a low simmer.
- ☐ Carefully lower fish into pan. Simmer 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove fish from poaching liquid and place in shallow individual pasta bowls. Stir salt into poaching liquid and spoon mixture evenly over fish.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:32.321739497392%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 298.61kcal (14.93%), Fat: 11.01g (16.93%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.59g (2.39%), Sugar: 2.69g (2.99%), Cholesterol: 93.55mg (31.18%), Sodium: 696.8mg (30.3%), Alcohol: 3.09g (100%), Alcohol %: 0.79% (100%), Protein: 34.65g (69.29%), Vitamin A: 5840.57IU (116.81%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.48µg (89.26%), Vitamin B6: 1.51mg (75.48%), Vitamin B3: 13.84mg (69.19%), Vitamin B2: 0.68mg (40.04%), Phosphorus: 368.38mg (36.84%), Vitamin B5: 3mg (29.95%), Potassium: 1029.49mg (29.41%), Vitamin B1: 0.42mg (28.21%), Copper: 0.54mg (26.8%), Vitamin K: 26.6µg (25.34%), Manganese: 0.5mg (25%), Magnesium: 68.82mg (17.21%), Folate: 64.32µg (16.08%), Iron: 2.27mg (12.59%), Zinc: 1.29mg (8.57%), Fiber: 1.88g (7.5%), Calcium: 64.9mg (6.49%), Vitamin C: 5.23mg (6.34%), Vitamin E: 0.44mg (2.95%)