



Poached Wild Salmon with Peas and Morels

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons chives fresh minced
- ☐ 0.5 cup peas fresh frozen shelled thawed (or ,)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 tablespoons kosher salt plus more for seasoning
- ☐ 12 ounce salmon fillet wild thick (each)
- ☐ 4 tablespoons butter unsalted ()

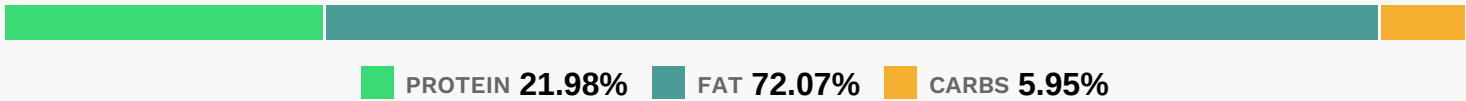
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Place salmon, skin side down, in a large high-sided skillet.
- ☐ Add wine, 2 tablespoons salt, and cold water to cover salmon by 1/2". Cover pan; bring liquid to a simmer over medium heat. Reduce heat to medium-low, uncover, and gently poach salmon until just cooked through and barely opaque in the center, about 6 minutes, depending on thickness.
- ☐ Transfer salmon and 2 tablespoons poaching liquid to a plate; tent loosely with foil.
- ☐ Meanwhile, melt butter in a medium skillet over medium heat.
- ☐ Add mushrooms and cook, stirring occasionally, until they begin to soften, about 3 minutes.
- ☐ Add 1/2 cup salmon poaching liquid and peas and simmer until peas begin to soften, 2-3 minutes.
- ☐ Add cream and bring sauce to a simmer. Cook until slightly thickened, about 5 minutes. Season with salt and pepper.
- ☐ Using a spatula, transfer salmon, skin side up, to paper towels. Gently peel off and discard skin. Invert onto serving plates and spoon sauce over.
- ☐ Garnish with chives.

Nutrition Facts



Properties

Glycemic Index:68.17, Glycemic Load:1.9, Inflammation Score:-9, Nutrition Score:32.470869520436%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 773.51kcal (38.68%), Fat: 55.14g (84.84%), Saturated Fat: 29.77g (186.05%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.07g (2.94%), Sugar: 5.02g (5.58%), Cholesterol: 220.99mg (73.66%), Sodium: 7078.35mg (307.75%), Alcohol: 12.36g (100%), Alcohol %: 3.6% (100%), Protein: 37.83g (75.66%), Selenium: 64.97µg (92.82%), Vitamin B12: 5.55µg (92.53%), Vitamin B6: 1.54mg (76.94%), Vitamin B3: 14.33mg (71.64%), Vitamin B2: 0.84mg (49.25%), Phosphorus: 444.07mg (44.41%), Vitamin A: 2050.86IU (41.02%), Vitamin B1: 0.5mg (33.51%), Vitamin B5: 3.12mg (31.16%), Potassium: 1082.02mg (30.91%), Copper: 0.52mg (25.82%), Vitamin C: 16.6mg (20.12%), Magnesium: 79.63mg (19.91%), Vitamin K: 19.89µg (18.94%), Folate: 73.67µg (18.42%), Manganese: 0.36mg (17.99%), Iron: 2.4mg (13.33%), Zinc: 1.89mg (12.57%), Calcium: 93.79mg (9.38%), Vitamin D: 1.37µg (9.15%), Fiber: 2.17g (8.67%), Vitamin E: 1.25mg (8.34%)