



Poached Wild Salmon with Peas and Morels

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



791 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
- ☐ 4 ounces morel mushrooms fresh stemmed sliced
- ☐ 12 ounce salmon fillet wild thick (each)

☐ 4 tablespoons butter unsalted ()

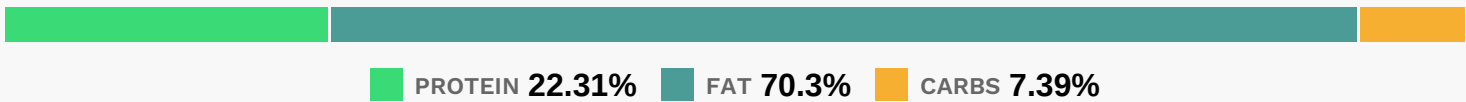
Equipment

- ☐ 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:84.17, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:39.167826030565%

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: 791.09kcal (39.55%), Fat: 55.47g (85.34%), Saturated Fat: 29.81g (186.28%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 9.38g (3.41%), Sugar: 5.36g (5.95%), Cholesterol: 220.99mg (73.66%), Sodium: 7090.26mg (308.27%), Alcohol: 12.36g (100%), Alcohol %: 3.19% (100%), Protein: 39.6g (79.2%), Selenium: 66.22µg (94.6%), Vitamin B12: 5.55µg (92.53%), Vitamin B6: 1.62mg (80.79%), Vitamin B3: 15.6mg (78.02%), Vitamin B2: 0.95mg (56.09%), Phosphorus: 554.07mg (55.41%), Iron: 9.31mg (51.7%), Copper: 0.87mg (43.53%), Vitamin A: 2050.86IU (41.02%), Potassium: 1315.05mg (37.57%), Vitamin B1: 0.54mg (36.11%), Manganese: 0.69mg (34.64%), Vitamin B5: 3.37mg (33.65%), Vitamin D: 4.26µg (28.42%), Magnesium: 90.4mg (22.6%), Zinc: 3.04mg (20.25%), Vitamin C: 16.6mg (20.12%), Folate: 78.78µg (19.69%), Vitamin K: 19.89µg (18.94%), Fiber: 3.75g (15.02%), Calcium: 118.17mg (11.82%), Vitamin E: 1.25mg (8.34%)