



Quick Poached Salmon with Dill Mustard Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup yogurt plain
- ☐ 1 pound salmon
- ☐ 0.3 cup shallots chopped

- ☐ 0.5 cup water
- ☐ 1 cup white wine

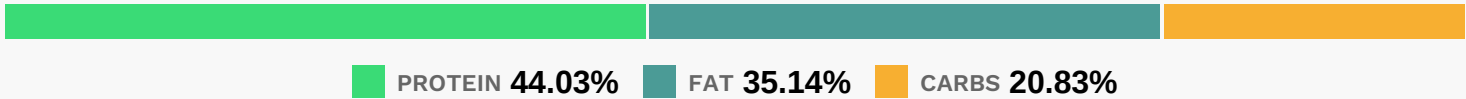
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a small bowl, blend the plain yogurt, Dijon mustard, honey, lemon juice, and dill. Cover, and refrigerate until serving.
- ☐ In a medium saucepan over medium heat, place the salmon in the white wine and water. Adjust the amount of water as necessary to just cover the fish.
- ☐ Sprinkle with shallots. Cover the saucepan, and cook 10 to 12 minutes, until salmon is easily flaked with a fork.
- ☐ Drain, and serve with the yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:40.82, Glycemic Load:3.42, Inflammation Score:-5, Nutrition Score:19.209130453675%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 268.49kcal (13.42%), Fat: 8.77g (13.49%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 10.49g (3.81%), Sugar: 8.08g (8.98%), Cholesterol: 66.35mg (22.12%), Sodium: 241.97mg (10.52%), Alcohol: 6.18g (100%), Alcohol %: 2.75% (100%), Protein: 24.71g (49.43%), Selenium: 47.65µg (68.07%), Vitamin B12: 3.72µg (61.99%), Vitamin B6: 1.04mg (51.9%), Vitamin B3: 9.14mg (45.71%), Vitamin B2: 0.5mg (29.52%), Phosphorus: 294mg (29.4%), Vitamin B5: 2.15mg (21.47%), Potassium: 739.1mg (21.12%), Vitamin B1: 0.31mg (20.69%), Copper: 0.32mg (16.13%), Magnesium: 54.62mg (13.65%), Manganese: 0.21mg (10.37%), Folate: 40.82µg (10.2%), Vitamin C: 7.58mg (9.19%), Iron: 1.56mg (8.69%), Zinc: 1.16mg (7.75%), Calcium: 74.08mg (7.41%), Fiber: 1.2g (4.82%), Vitamin A: 111.39IU (2.23%)