



Sake-Poached Salmon with Wilted Greens and Shallot Vinaigrette

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 inch ginger fresh peeled thinly sliced
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 tablespoon rice wine vinegar

- ☐ 0.5 cup sake rice wine
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 2.5 tablespoons shallots minced
- ☐ 3 ounces spinach leaves
- ☐ 8 ounces swiss chard trimmed chopped
- ☐ 1 cup water

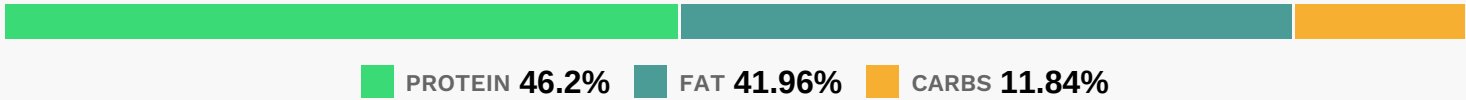
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, combine first 5 ingredients in a small bowl. Slowly add olive oil, stirring constantly with a whisk. Set aside.
- ☐ To prepare salmon, combine 1 cup water, sake, and ginger in a large saut pan over medium-high heat; bring to a boil. Reduce heat, and add salmon to pan. Cover and simmer 6 minutes.
- ☐ Remove salmon and ginger from pan. Discard the ginger.
- ☐ Add Swiss chard and spinach to pan; cook 2 minutes or until wilted. Stir in salt and pepper. Divide the spinach mixture evenly among 4 plates. Top each serving with 1 salmon fillet; drizzle each serving with 2 tablespoons vinaigrette.
- ☐ Wine note: With the lively and abundant acidity of lemon juice, rice wine vinegar, and sake, this dish needs a bright, fresh wine to match. Try an affordable Austrian grner veltliner like Loimer Lois 2006 (\$14), with its refreshing lemon-lime and grapefruit flavors, and hints of English peas and beeswax. The slightly green, herbal finish permits it to complement the Swiss chard. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:60.82, Glycemic Load:2.28, Inflammation Score:-10, Nutrition Score:38.967391718989%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 348.29kcal (17.41%), Fat: 14.52g (22.34%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 7.55g (2.75%), Sugar: 4.3g (4.77%), Cholesterol: 93.55mg (31.18%), Sodium: 597.9mg (26%), Alcohol: 4.83g (100%), Alcohol %: 1.67% (100%), Protein: 35.97g (71.95%), Vitamin K: 575.66µg (548.25%), Vitamin A: 5530.89IU (110.62%), Selenium: 63.38µg (90.55%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.52mg (76.03%), Vitamin B3: 13.81mg (69.05%), Vitamin B2: 0.75mg (43.99%), Phosphorus: 387.79mg (38.78%), Potassium: 1219.2mg (34.83%), Vitamin C: 26.45mg (32.06%), Vitamin B5: 2.98mg (29.84%), Magnesium: 118.64mg (29.66%), Copper: 0.58mg (28.99%), Vitamin B1: 0.43mg (28.71%), Folate: 96.62µg (24.16%), Manganese: 0.48mg (23.95%), Iron: 3.16mg (17.54%), Vitamin E: 2.03mg (13.57%), Zinc: 1.48mg (9.86%), Calcium: 78.52mg (7.85%), Fiber: 1.67g (6.68%)