



Salmon Poached in Court-Bouillon with Basil Aïoli



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings basil aïoli
- ☐ 1 bay leaf
- ☐ 2 carrots sliced
- ☐ 2 rib celery sliced
- ☐ 2 cups cooking wine dry white
- ☐ 2 onions sliced
- ☐ 4 parsley sprigs fresh

- ☐ 6 pound salmon
- ☐ 3 thyme sprigs fresh
- ☐ 6 cups water

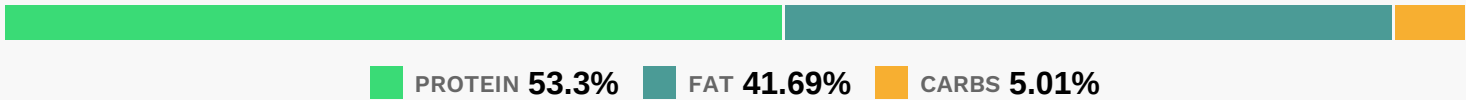
Equipment

- ☐ knife
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Bring first 8 ingredients to a boil in a large pot. Reduce heat, partially cover, and simmer 30 minutes.
- ☐ Drain broth, discarding solids; cool. Cover and chill.
- ☐ Place fish on rack in poacher.
- ☐ Pour chilled broth into poacher.
- ☐ Add water, if necessary, to completely cover fish. Cover and cook over medium heat until liquid begins to simmer (about 25 minutes). Reduce heat until bubbles barely break surface. Cook 5 minutes or until thermometer inserted in thickest part of fish reaches 12
- ☐ Residual heat should continue cooking fish to a safe 140 temperature. (If unsure, insert a knife to see if flesh is opaque.)
- ☐ Remove fish from broth; peel away top skin. Cool to room temperature. Cover and chill.
- ☐ Serve with Basil Aoli.

Nutrition Facts



Properties

Glycemic Index:19.78, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:35.859565011833%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 458.8kcal (22.94%), Fat: 18.92g (29.1%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.98g (2.2%), Cholesterol: 151.02mg (50.34%), Sodium: 176.29mg (7.66%), Alcohol: 4.94g (100%), Alcohol %: 1.25% (100%), Protein: 54.42g (108.83%), Vitamin B12: 8.65µg (144.24%), Selenium: 99.51µg (142.15%), Vitamin B6: 2.3mg (114.76%), Vitamin B3: 21.6mg (108%), Vitamin B2: 1.06mg (62.14%), Phosphorus: 564.21mg (56.42%), Vitamin B5: 4.61mg (46.14%), Vitamin A: 2196.9IU (43.94%), Vitamin B1: 0.64mg (42.41%), Potassium: 1443.42mg (41.24%), Copper: 0.72mg (36.07%), Magnesium: 89.52mg (22.38%), Folate: 75.85µg (18.96%), Iron: 2.47mg (13.73%), Zinc: 1.89mg (12.6%), Vitamin K: 8.51µg (8.1%), Manganese: 0.15mg (7.62%), Calcium: 52.25mg (5.23%), Vitamin C: 3.37mg (4.09%), Fiber: 0.78g (3.11%)