



## Salmon Poached in Verjus

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 salmon steaks (1 lb. total)
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 cup verjus

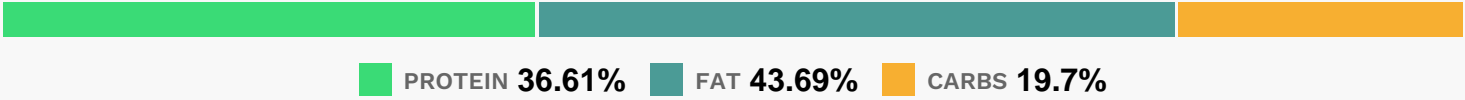
## Equipment

- ☐ frying pan
- ☐ whisk

# Directions

- ☐ Place the verjus and the chopped shallots in an 8- to 10-inch frying pan over high heat.
- ☐ Add the salmon steaks. Cover and bring to a simmer. Reduce the heat and simmer until the fish is no longer translucent in the center, 4 to 5 minutes.
- ☐ Lift the fish onto 2 dinner plates and keep warm. Strain the juices and return to the pan. Boil juices over high heat until they have been reduced to 1/3 cup, 5 to 7 minutes, then whisk in the butter.
- ☐ Pour over the fish.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:24.699130548083%

## Nutrients (% of daily need)

Calories: 375.42kcal (18.77%), Fat: 20.38g (31.35%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 19.72g (7.17%), Sugar: 14.13g (15.7%), Cholesterol: 108.55mg (36.18%), Sodium: 131.62mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.84%), Vitamin B12: 5.42µg (90.3%), Selenium: 62.47µg (89.25%), Vitamin B6: 1.49mg (74.64%), Vitamin B3: 13.42mg (67.12%), Vitamin B2: 0.65mg (38.49%), Phosphorus: 359.42mg (35.94%), Vitamin B5: 2.92mg (29.22%), Vitamin B1: 0.4mg (26.82%), Potassium: 933.46mg (26.67%), Copper: 0.45mg (22.55%), Magnesium: 55.65mg (13.91%), Folate: 52.76µg (13.19%), Iron: 1.72mg (9.53%), Zinc: 1.21mg (8.08%), Manganese: 0.11mg (5.68%), Vitamin A: 244.11IU (4.88%), Fiber: 0.95g (3.79%), Calcium: 33.02mg (3.3%), Vitamin C: 2.37mg (2.87%), Vitamin E: 0.17mg (1.16%)