



Simple Poached Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sprig optional: dill
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 optional: lemon
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 1 onion yellow

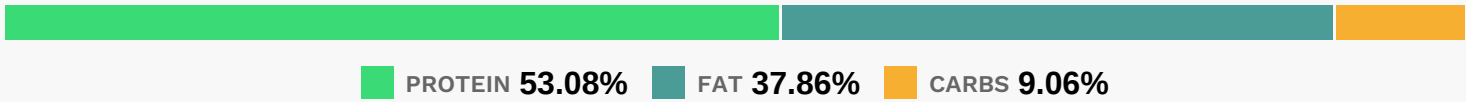
Equipment

☐ slow cooker

Directions

- ☐ Combine the water and wine in the slow cooker and heat on high for 20 to 30 minutes.
- ☐ Add the onion, lemon, dill, salt, and salmon.
- ☐ Cover and cook on high for about 20 minutes, until the salmon is opaque and cooked through according to taste.
- ☐ Serve hot or cold.
- ☐ Reprinted with permission from The Gourmet Slow Cooker: Simple and Sophisticated Meals from Around the World by Lynn Alley. © 200
- ☐ Ten Speed Press.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:25.257826101521%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 284.98kcal (14.25%), Fat: 10.89g (16.76%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.64g (1.69%), Sugar: 2.13g (2.37%), Cholesterol: 93.55mg (31.18%), Sodium: 371.64mg (16.16%), Alcohol: 3.09g (100%), Alcohol %: 1.25% (100%), Protein: 34.37g (68.74%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.36µg (89.09%), Vitamin B6: 1.46mg (73.05%), Vitamin B3: 13.46mg (67.31%), Vitamin B2: 0.66mg (39.05%), Phosphorus: 357.91mg (35.79%), Vitamin B5: 2.93mg (29.29%), Vitamin B1: 0.41mg (27.29%), Potassium: 932.43mg (26.64%), Copper: 0.46mg (22.84%), Vitamin C: 16.37mg (19.84%), Magnesium: 57.85mg (14.46%), Folate: 51.06µg (12.76%), Iron: 1.67mg (9.25%), Zinc: 1.19mg (7.96%), Manganese: 0.11mg (5.35%), Fiber: 1.22g (4.9%), Calcium:

38.46mg (3.85%), Vitamin A: 76.46IU (1.53%)