



Healthdor

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Poached Salmon with Bacon ♦♦

This recipe combines the rich flavors of poached salmon and crispy bacon. The salmon is gently cooked in a flavorful broth, resulting in tender and moist fish. The bacon adds a smoky and savory element to the dish. It's a perfect main course for a special dinner or a Sunday brunch.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	salmon fillets
100 g	bacon strips
4 c	Water
1 tsp	Salt
1 tsp	Pepper

2 tbsp fresh dill

4 lemon slices
pieces

Directions

Step 1

Boiling

In a large pot, bring water, salt, and pepper to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Simmering

Reduce heat to a simmer and add fresh dill and lemon slices.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Simmering

Gently place salmon fillets into the simmering broth.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

While the salmon is cooking, fry bacon until crispy in a separate pan.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Remove salmon from the broth and serve topped with crispy bacon.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 35 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Brunch

Lunch

Dinner

Difficulty Level

Medium

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