



Asparagus & salmon supper



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet salmon fillet
- ☐ 100 g asparagus
- ☐ 3 tbsp olive oil
- ☐ 2 juice of lemon
- ☐ 2 tsp coarse mustard
- ☐ 410 g cannellini beans drained and rinsed canned
- ☐ 2 large handfuls baby spinach

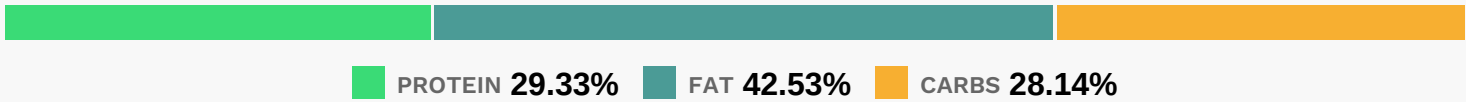
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Get a steamer on to boil.
- ☐ Put the salmon fillets in the first tier and steam for 3 mins until the salmon has changed colour. Throw the asparagus spears in with the salmon and continue to steam for 4-5 mins until the asparagus is tender and the fish is cooked.
- ☐ While everythings steaming, make a dressing by whisking together the olive oil, lemon juice and mustard. Tip the cannellini beans and spinach into a large bowl. When the asparagus is cooked scoop it into the bowl, then stir in the dressing. Divide the vegetables between two plates and sit the salmon on top.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:10.86, Inflammation Score:-10, Nutrition Score:52.586086687834%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 687.29kcal (34.36%), Fat: 32.79g (50.45%), Saturated Fat: 4.78g (29.91%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 36.97g (13.44%), Sugar: 2.49g (2.76%), Cholesterol: 93.5mg (31.17%), Sodium: 165.47mg (7.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.89g (101.77%), Vitamin K: 184.36µg (175.58%), Selenium: 68.51µg (97.87%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.67mg (83.28%), Manganese: 1.46mg (72.78%), Vitamin B3: 14.36mg (71.78%), Folate: 266.3µg (66.58%), Vitamin A: 3264.45IU (65.29%), Potassium: 2070.71mg (59.16%), Phosphorus: 575.05mg (57.51%), Iron: 9.59mg (53.3%), Copper: 1.04mg (52.13%), Vitamin B2: 0.86mg (50.4%), Fiber: 11.85g (47.42%), Magnesium: 188.75mg (47.19%), Vitamin B1: 0.69mg (46.17%),

Vitamin E: 5.88mg (39.2%), Vitamin B5: 3.42mg (34.19%), Vitamin C: 22.86mg (27.71%), Zinc: 3.86mg (25.73%), Calcium: 216.91mg (21.69%)