



Crisp Salmon with Lemony Spinach and Potatoes

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce baby spinach fresh
- ☐ 2 large baking potatoes peeled cut into 1-inch pieces (2 1/4 pounds)
- ☐ 0.8 teaspoon pepper black divided
- ☐ 0.3 cup buttermilk fat-free
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon rind divided grated

- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 teaspoon onion instant minced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 teaspoon paprika
- ☐ 24 ounce salmon fillet ()
- ☐ 0.8 teaspoon salt divided

Equipment

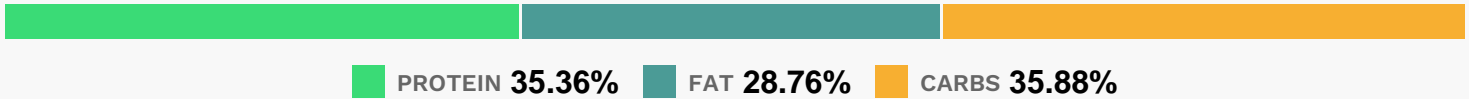
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat oven to 40
- ☐ Place potatoes in a saucepan, and cover with water; bring to a boil. Reduce heat, and simmer for 15 minutes or until tender, and drain. Return potatoes to pan.
- ☐ Add buttermilk, 1/2 teaspoon salt, 1/4 teaspoon black pepper, 1/2 teaspoon lemon rind, and juice; mash with a potato masher. Keep warm.
- ☐ Combine panko, onion, dried oregano, paprika, and 1/4 teaspoon pepper in a shallow bowl.
- ☐ Sprinkle salmon evenly with remaining 1/4 teaspoon salt. Dredge fillets in panko mixture.
- ☐ Heat 2 teaspoons oil in a large nonstick ovenproof skillet over medium-high heat.
- ☐ Add salmon to pan; cook 2 minutes on one side or until browned. Turn fish over; place skillet in oven.
- ☐ Bake at 400 for 6 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ While salmon cooks, heat remaining 1 teaspoon oil in a large nonstick skillet over medium heat.

- ☐ Add garlic to pan; cook 1 minute, stirring constantly. Gradually add spinach, turning frequently; cook for 3 minutes or until spinach wilts. Stir in remaining 1/2 teaspoon rind and remaining 1/4 teaspoon pepper. Arrange 1/2 cup spinach mixture on each of 4 plates; top each with 3/4 cup potato mixture and 1 fillet.
- ☐ Garnish with oregano sprigs, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.44, Glycemic Load:26.81, Inflammation Score:-10, Nutrition Score:49.822173864945%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 470.11kcal (23.51%), Fat: 15.08g (23.2%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 37.51g (13.64%), Sugar: 2.93g (3.26%), Cholesterol: 93.95mg (31.32%), Sodium: 642.63mg (27.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.73g (83.46%), Vitamin K: 418.84µg (398.89%), Vitamin A: 8113.3IU (162.27%), Vitamin B6: 2.23mg (111.36%), Selenium: 65.19µg (93.13%), Vitamin B12: 5.43µg (90.44%), Vitamin B3: 16.27mg (81.35%), Manganese: 1.21mg (60.74%), Potassium: 2108.08mg (60.23%), Folate: 240.07µg (60.02%), Vitamin B2: 0.89mg (52.6%), Phosphorus: 495.58mg (49.56%), Vitamin C: 36.76mg (44.55%), Vitamin B1: 0.66mg (43.71%), Magnesium: 163.28mg (40.82%), Copper: 0.75mg (37.59%), Vitamin B5: 3.49mg (34.93%), Iron: 5.7mg (31.69%), Fiber: 4.84g (19.34%), Vitamin E: 2.35mg (15.63%), Calcium: 150.15mg (15.01%), Zinc: 2.18mg (14.57%)