



Fingerling Potatoes with Avocado and Smoked Salmon



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients



1 avocado ripe halved



8 servings garnish: dill sprigs fresh



1 pound fingerling potatoes halved lengthwise



1 tablespoon optional: dill fresh minced



2 teaspoons juice of lemon fresh



1 teaspoon lemon zest



1 tablespoon olive oil

- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 4 oz salmon smoked thinly sliced

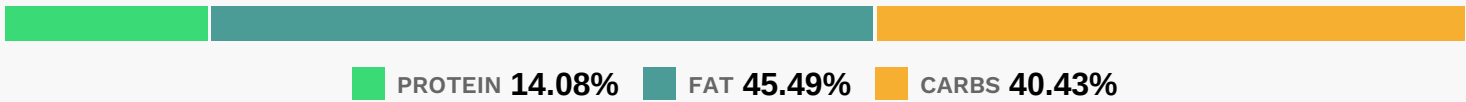
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Toss together first 4 ingredients.
- ☐ Place potatoes, cut sides down, in a lightly greased jelly-roll pan.
- ☐ Bake 20 minutes or until tender and browned. Cool completely (about 20 minutes).
- ☐ Meanwhile, scoop avocado pulp into a bowl; mash with a fork. Stir in dill and next 3 ingredients. Spoon mixture onto cut sides of potatoes, and top each with 1 salmon slice.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:7.44, Inflammation Score:-3, Nutrition Score:7.1908695594124%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 116.53kcal (5.83%), Fat: 6.11g (9.41%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.25g (3.36%), Sugar: 0.65g (0.72%), Cholesterol: 3.26mg (1.09%), Sodium: 298.14mg (12.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin C: 14.62mg (17.72%), Vitamin D: 2.42µg (16.16%), Vitamin B6: 0.27mg (13.64%), Fiber: 2.98g (11.92%), Potassium: 389.05mg (11.12%), Vitamin B3: 1.71mg (8.55%), Vitamin B12: 0.46µg (7.7%), Folate: 30.22µg (7.56%), Vitamin K: 7.52µg (7.17%), Copper: 0.14mg (7.16%), Selenium: 4.87µg (6.96%), Phosphorus: 68.96mg (6.9%), Manganese: 0.14mg (6.77%), Vitamin E: 0.97mg (6.48%), Vitamin B5: 0.64mg (6.44%), Magnesium: 23.19mg (5.8%), Vitamin B1: 0.07mg (4.4%), Iron: 0.73mg (4.06%), Vitamin B2: 0.07mg (3.89%), Zinc: 0.37mg (2.49%), Calcium: 12.51mg (1.25%), Vitamin A: 62.27IU (1.25%)