



WHATSheATE



Horseradish baked salmon



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 2 tbsp horseradish
- ☐ 2 tsp thyme dried chopped
- ☐ 4 salmon steaks skinless thin
- ☐ 1 small savoy cabbage shredded
- ☐ 2 tbsp greek yogurt 0%

Equipment

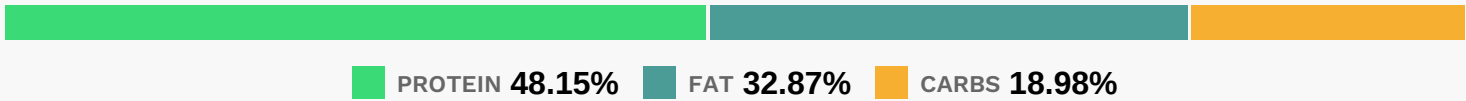
- ☐ food processor

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Whizz the bread into crumbs in a food processor.
- ☐ Add the horseradish and thyme, then season and mix well.
- ☐ Put the salmon in one layer in a lightly oiled baking dish. Press the crumbs on to the flesh, then bake for 10–12 mins.
- ☐ Meanwhile, put the cabbage in a large pan with a little salt and pour in boiling water to come halfway up. Cover and cook for 8–10 mins until tender.
- ☐ Drain well, then return to the pan with the yogurt and plenty of black pepper. Reheat gently. Pile the cabbage onto plates and serve with the salmon.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:4.87, Inflammation Score:-9, Nutrition Score:37.163478369298%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 320.51kcal (16.03%), Fat: 11.66g (17.93%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 10.56g (3.84%), Sugar: 4.24g (4.71%), Cholesterol: 93.88mg (31.29%), Sodium: 207.38mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.84%), Selenium: 68.09µg (97.27%), Vitamin B12: 5.46µg (90.97%), Vitamin K: 90.87µg (86.55%), Vitamin B6: 1.64mg (81.8%), Vitamin B3: 14.56mg (72.82%), Vitamin C: 37.43mg (45.37%), Vitamin B2: 0.74mg (43.59%), Phosphorus: 419.66mg (41.97%), Folate: 151.92µg (37.98%), Vitamin B1: 0.53mg (35.14%), Potassium: 1148.51mg (32.81%), Vitamin B5: 3.19mg (31.88%), Copper: 0.53mg (26.39%), Vitamin A: 1230.33IU (24.61%), Manganese: 0.46mg (23.18%), Magnesium: 91.21mg (22.8%), Fiber: 4.59g

(18.34%), Iron: 3.22mg (17.89%), Zinc: 1.69mg (11.24%), Calcium: 103.38mg (10.34%), Vitamin E: 0.27mg (1.82%)