



 **100%**
HEALTH SCORE

Horseradish-crusted Chinook Salmon with Braised Greens and Roasted New Potatoes

 Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs japanese-style (recommended: panko)
- 2 tablespoons canola oil
- 1 cup bottled clam juice
- 1 cup parsley fresh chopped
- 2 tablespoons garlic fresh minced
- 2 quarts braising greens mixed (chard, kale, mustard greens, and endive)
- 2 tablespoons horseradish prepared

- 1 juice of lemon juiced
- 0.5 teaspoon lemon zest fresh
- 8 new potatoes halved
- 6 servings oil
- 3 ounces olive oil extra-virgin
- 4 fillet to 6 chinook salmon (recommended: pave cut 2 inches by 2 inches by 1 inch)
- 6 servings salt and pepper
- 2 tablespoons grain mustard whole

Equipment

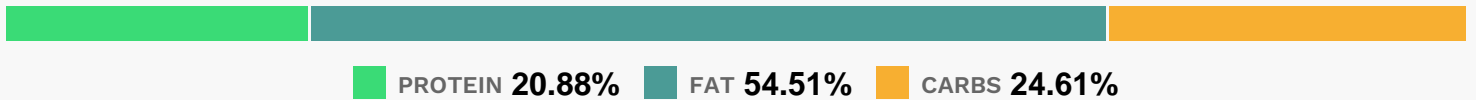
- bowl
- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Preheat the oven to 425 degrees F and coat a baking sheet with oil and sprinkle it with salt and pepper.
- Place the potatoes, cut side down, on the tray and place in the preheated oven. Roast until just golden brown and just tender, about 20 to 25 minutes.
- Remove the potatoes from the oven and hold them in a warm place.
- Mix the horseradish, parsley, lemon zest, mustard, and 2 tablespoons of garlic in a small bowl. When it is evenly combined, add the bread crumbs and toss them gently.
- Drizzle 3 ounces of the olive oil over the crumb mixture and stir gently taking care not to break up the crumbs or make the mixture too heavy. Season the mixture, to taste, with salt and pepper.
- Season the salmon fillets with salt and pepper then heat the canola oil in a saute pan over medium high heat. When the oil just begins to smoke, sear the salmon paves, topside down, 2 pieces at a time, for 2 to 3 minutes.

- Remove to a lightly greased baking tin, placing the seared side up and repeat the process with the other 2 pieces of salmon.
- Sprinkle the bread crumb mixture over the top of the fish creating an even layer 1/8-inch to 1/4-inch thick. Roast the salmon until the crust is golden brown and fish is just firm, approximately 5 to 7 minutes.
- While the salmon is baking, bring the fish stock, remaining 1 ounce olive oil, and remaining tablespoon of garlic to a boil in a non-reactive saucepan. Then add the braising greens, cover and cook for 2 to 3 minutes until the greens are wilted.
- Add the lemon juice and season, to taste, with salt and pepper. Arrange the greens in the center of 4 shallow bowls surrounded by the roasted potatoes and braising liquid. Top each with a roasted pave of salmon.

Nutrition Facts



Properties

Glycemic Index:40.79, Glycemic Load:11.53, Inflammation Score:-10, Nutrition Score:53.263913610707%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 51.1mg, Isorhamnetin: 51.1mg, Isorhamnetin: 51.1mg, Isorhamnetin: 51.1mg Kaempferol: 121.57mg, Kaempferol: 121.57mg, Kaempferol: 121.57mg, Kaempferol: 121.57mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 28.38mg, Quercetin: 28.38mg, Quercetin: 28.38mg, Quercetin: 28.38mg

Nutrients (% of daily need)

Calories: 685.72kcal (34.29%), Fat: 42.93g (66.04%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 30.27g (11.01%), Sugar: 6.61g (7.35%), Cholesterol: 62.33mg (20.78%), Sodium: 654.7mg (28.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.98%), Vitamin K: 1002.58µg (954.84%), Vitamin C: 253.07mg (306.75%), Vitamin A: 10434.36IU (208.69%), Vitamin B6: 1.79mg (89.64%), Vitamin E: 11.83mg (78.9%), Selenium: 51.49µg (73.55%), Vitamin B3: 14.17mg (70.86%), Potassium: 2242.76mg (64.08%), Vitamin B12: 3.71µg (61.79%), Fiber: 13.35g (53.38%), Vitamin B2: 0.9mg (53.2%), Vitamin B1: 0.77mg (51.16%), Phosphorus: 511.34mg (51.13%), Copper: 0.98mg (49.08%), Iron: 8.47mg (47.05%), Calcium: 455.83mg (45.58%), Magnesium: 168.88mg (42.22%), Folate: 118.52µg (29.63%), Vitamin B5: 2.95mg (29.51%), Manganese: 0.39mg (19.33%), Zinc: 2.25mg (14.98%)