



Lemon crusted salmon with herby new potatoes & green beans

 Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings ciabatta bread
- ☐ 1 lemon zest grated
- ☐ 700 g salmon fillet
- ☐ 1 eggs beaten
- ☐ 340 g tzatziki
- ☐ 12 large olives black roughly chopped (stoned and)
- ☐ 4 servings potatoes green

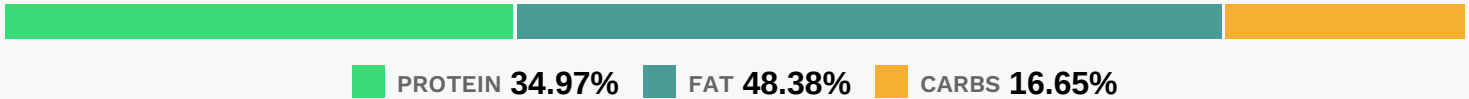
Equipment

- ☐ oven
- ☐ baking pan
- ☐ grater

Directions

- ☐ Preheat the oven to 220C/Gas 7/fan oven 200C. Put a non-stick baking tray in the oven.
- ☐ Cut the bread in half and grate with the coarse part of the grater to make rough crumbs, discarding any hard crust. Tip the crumbs on to a plate and mix with the lemon zest.
- ☐ Season the fish with freshly ground black pepper and dip the top and sides of each piece in the egg, then the crumbs.
- ☐ Put the coated fish on the heated baking tray and bake for 10-12 minutes, depending on the thickness of the fish, until cooked and crisp.
- ☐ Mix the tzatziki and olives.
- ☐ Serve the mixture with the salmon fillets, buttered new potatoes and green vegetables.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:26.060434728213%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 474.73kcal (23.74%), Fat: 25.51g (39.24%), Saturated Fat: 5.25g (32.8%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 18.86g (6.86%), Sugar: 3.01g (3.34%), Cholesterol: 151.34mg (50.45%), Sodium: 842.17mg (36.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.48g (82.97%), Selenium: 67.37µg (96.25%), Vitamin B12: 5.66µg (94.38%), Vitamin B6: 1.46mg (72.97%), Vitamin B3: 13.81mg (69.04%), Vitamin B2: 0.72mg (42.21%), Phosphorus: 373.01mg (37.3%), Vitamin B5: 3.09mg (30.91%), Vitamin B1: 0.4mg (26.94%), Potassium: 884.33mg

(25.27%), Copper: 0.46mg (23.11%), Calcium: 148.86mg (14.89%), Magnesium: 53.85mg (13.46%), Folate: 49.63µg (12.41%), Iron: 1.67mg (9.28%), Vitamin A: 460.66IU (9.21%), Zinc: 1.27mg (8.49%), Vitamin E: 0.58mg (3.84%), Fiber: 0.88g (3.54%), Vitamin C: 2.13mg (2.58%), Manganese: 0.03mg (1.63%), Vitamin D: 0.22µg (1.47%)