



Mary Cadogan's salmon with a cheesy crunch crust

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 700 g salmon fillet
- ☐ 50 g butter softened
- ☐ 4 tbsp slivered flaked
- ☐ 4 tbsp parsley fresh chopped
- ☐ 50 g emmental grated

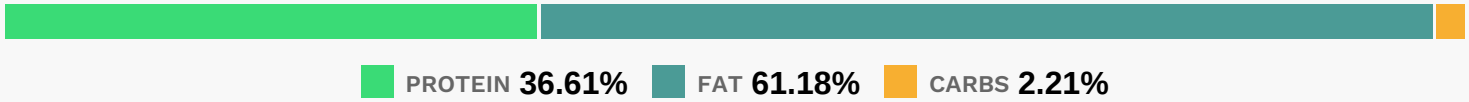
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 190C/fan 170C/gas
- ☐ Season the salmon steaks all over. Liberally butter a shallow ovenproof dish big enough to take the fish in one layer. Smear the salmon with the remaining butter.
- ☐ Mix the almonds, parsley and the gruyre or emmental, then press on to the top of the steaks.
- ☐ Bake for 15–20 minutes, until the topping is crisp and golden and the salmon cooked.
- ☐ Serve with potatoes and a green salad or broccoli.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:32.377826110176%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg, Apigenin: 8.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 449.02kcal (22.45%), Fat: 30.29g (46.6%), Saturated Fat: 10.89g (68.06%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.52g (0.58%), Cholesterol: 136.88mg (45.63%), Sodium: 248.85mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.78g (81.57%), Vitamin B12: 5.79µg (96.44%), Selenium: 66.23µg (94.61%), Vitamin B6: 1.46mg (72.96%), Vitamin B3: 14.19mg (70.93%), Vitamin K: 63.53µg (60.51%), Vitamin B2: 0.82mg (48.34%), Phosphorus: 478.93mg (47.89%), Vitamin B5: 3.06mg (30.58%), Vitamin B1: 0.43mg (28.49%), Potassium: 964.98mg (27.57%), Copper: 0.55mg (27.51%), Magnesium: 84.4mg (21.1%), Vitamin E: 2.91mg (19.42%), Calcium: 182.39mg (18.24%), Vitamin A: 821.09IU (16.42%), Folate: 55.55µg (13.89%), Manganese: 0.26mg (13.24%), Zinc: 1.97mg (13.14%), Iron: 2.03mg (11.28%), Vitamin C: 5.05mg (6.13%), Fiber: 1.38g (5.5%)