



Mustard-Baked Salmon and Asparagus

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh
- 3 tablespoons brown sugar
- 0.3 cup dijon mustard
- 0.3 cup dillweed fresh minced
- 1 tablespoon commercial olive oil vinaigrette reduced-fat
- 1 pound round potatoes red cut into 1/4-inch-thick slices
- 16 ounce salmon fillet
- 3 tablespoons water

Equipment

- bowl
- oven
- knife
- baking pan
- peeler

Directions

- Combine first 5 ingredients in a small bowl; stir well.
- Combine 2 tablespoons dillweed mixture and potato in a 13- x 9- x 2-inch baking dish coated with cooking spray; toss well.
- Spread potato in baking dish in a single layer.
- Bake, uncovered, at 350 for 20 minutes, stirring once.
- Push potato to sides of baking dish, and arrange fish in center of dish.
- Drizzle 1/4 cup plus 2 tablespoons dillweed mixture over fish.
- Snap off tough ends of asparagus spears.
- Remove scales from spears with a knife or vegetable peeler, if desired. Arrange asparagus over potato; drizzle with remaining dillweed mixture. Cover and bake at 350 30 minutes or until fish flakes easily when tested with a fork. To serve, arrange fish, potato, and asparagus on individual plates.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:30.757391266201%

Flavonoids

Isorhamnetin: 7.74mg, Isorhamnetin: 7.74mg, Isorhamnetin: 7.74mg, Isorhamnetin: 7.74mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg Quercetin: 18.21mg, Quercetin: 18.21mg, Quercetin: 18.21mg, Quercetin: 18.21mg

Nutrients (% of daily need)

Calories: 338.98kcal (16.95%), Fat: 11.54g (17.76%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 27.25g (9.91%), Sugar: 12.55g (13.94%), Cholesterol: 62.37mg (20.79%), Sodium: 248.71mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Selenium: 49.96µg (71.38%), Vitamin B6: 1.24mg (62.17%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 11.47mg (57.34%), Vitamin K: 52.8µg (50.29%), Potassium: 1357.7mg (38.79%), Vitamin B2: 0.64mg (37.94%), Phosphorus: 374.04mg (37.4%), Vitamin B1: 0.54mg (36.09%), Copper: 0.67mg (33.58%), Folate: 113.31µg (28.33%), Iron: 4.69mg (26.03%), Vitamin B5: 2.58mg (25.84%), Manganese: 0.47mg (23.25%), Vitamin A: 1148.35IU (22.97%), Vitamin C: 18.66mg (22.62%), Magnesium: 83.72mg (20.93%), Fiber: 5.04g (20.16%), Vitamin E: 1.85mg (12.34%), Zinc: 1.84mg (12.28%), Calcium: 75.92mg (7.59%)