



 **90%**
HEALTH SCORE

Mustard-Broiled Salmon with New Potato Salad

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

READY IN



20 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup crème fraîche sour
- 3 tablespoons dijon mustard
- 1 small fennel bulb thinly sliced
- 0.3 cup optional: dill fresh chopped
- 4 servings kosher salt and pepper black
- 2 tablespoons juice of lemon fresh
- 1.5 pounds new potatoes

24 ounce salmon fillet skinless

Equipment

bowl

baking sheet

oven

pot

aluminum foil

broiler

Directions

Adjust oven rack to 6 inches below heat source; heat broiler.

Place the potatoes in a medium pot, cover with cold water, and bring to a boil.

Add 1 teaspoon salt, reduce heat, and simmer until tender, about 15 minutes.

Drain, run under cold water to cool, then cut into quarters. Meanwhile, in a large bowl, combine the crme frache or sour cream, 1 tablespoon of the lemon juice, 1 teaspoon salt, and 1/4 teaspoon pepper. Stir in the potatoes and fennel; set aside.

Place the salmon on a parchment- or foil-lined baking sheet. In a small bowl, combine the mustard and the remaining lemon juice.

Spread over the top of the salmon. Broil until the salmon is the same color throughout, 6 to 8 minutes, depending on the thickness. Divide the salmon and salad among individual plates and sprinkle with the dill. Upgrade: For a snappy, licoricey boost, reserve the feathery green fronds of the fennel and mix them with the dill before garnishing.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:22.92, Inflammation Score:-8, Nutrition Score:38.413478581802%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 485.81kcal (24.29%), Fat: 19.85g (30.54%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 31.18g (11.34%), Sugar: 5.45g (6.05%), Cholesterol: 119mg (39.67%), Sodium: 448.24mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.57g (79.13%), Selenium: 68.43µg (97.76%), Vitamin B6: 1.96mg (97.75%), Vitamin B12: 5.5µg (91.66%), Vitamin B3: 15.69mg (78.47%), Vitamin C: 46.36mg (56.2%), Potassium: 1892mg (54.06%), Phosphorus: 513.86mg (51.39%), Vitamin B2: 0.81mg (47.6%), Vitamin K: 40.79µg (38.84%), Vitamin B1: 0.56mg (37.32%), Vitamin B5: 3.67mg (36.7%), Copper: 0.67mg (33.46%), Magnesium: 110.18mg (27.54%), Fiber: 6.12g (24.49%), Manganese: 0.49mg (24.47%), Folate: 94.82µg (23.7%), Iron: 3.52mg (19.58%), Vitamin A: 653.65IU (13.07%), Zinc: 1.94mg (12.96%), Calcium: 126.81mg (12.68%), Vitamin E: 0.57mg (3.81%)