



Mustard-crusted salmon with celeriac mash

 Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 celery root cubed
- ☐ 250 g potatoes cubed
- ☐ 3 tbsp breadcrumbs dried
- ☐ 0.5 orange juice
- ☐ 1 tbsp optional: dill chopped
- ☐ 2 tbsp coarse mustard
- ☐ 350 g salmon fillet skinless
- ☐ 25 g cheese soft

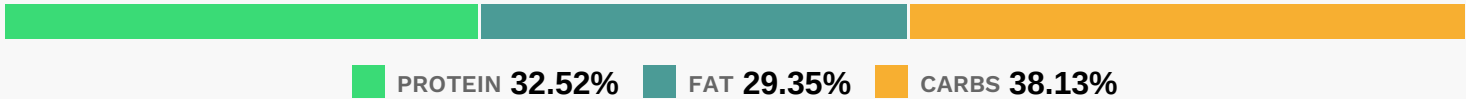
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Boil the celeriac and potato for 15–20 mins until tender.
- ☐ Mix the breadcrumbs, 1 tbsp orange juice, the dill and 1 tbsp mustard.
- ☐ Put the fish on a foil-lined baking tray, drizzle over the rest of the juice and press the crumb mix on top.
- ☐ Bake for 15 mins.
- ☐ Drain the veg, then mash in the pan with the cheese and remaining mustard. Season and serve with the salmon.

Nutrition Facts



Properties

Glycemic Index:122.38, Glycemic Load:21.23, Inflammation Score:-7, Nutrition Score:43.290000355762%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 531.99kcal (26.6%), Fat: 17.33g (26.66%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 43.61g (15.86%), Sugar: 6.45g (7.16%), Cholesterol: 108.88mg (36.29%), Sodium: 561.32mg (24.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.2g (86.41%), Selenium: 75.36µg (107.65%), Vitamin B6: 2.11mg (105.51%), Vitamin B12: 5.64µg (94.08%), Vitamin B3: 17.36mg (86.82%), Vitamin K: 70.49µg (67.14%), Phosphorus: 665.13mg (66.51%), Potassium: 1971.13mg (56.32%), Vitamin C: 45.35mg (54.98%), Vitamin B2: 0.91mg (53.33%), Vitamin B1: 0.77mg (51.11%), Vitamin B5: 4.08mg (40.82%), Copper: 0.74mg (37.24%), Manganese: 0.68mg (34.12%), Magnesium: 128.54mg (32.13%), Fiber: 7.03g (28.12%), Iron: 4.53mg (25.18%), Folate: 99.78µg (24.94%), Zinc: 2.4mg (16.03%), Calcium: 156.97mg (15.7%), Vitamin A: 296.46IU (5.93%), Vitamin E: 0.78mg (5.17%)