



Mustard salmon & veg bake with horseradish sauce



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 parsnips sliced
- ☐ 4 small beets raw sliced
- ☐ 6 carrots sliced
- ☐ 2 tbsp olive oil
- ☐ 500 g salmon with skin
- ☐ 2 tbsp coarse mustard
- ☐ 2 tbsp horseradish hot

- ☐ 150 ml crème fraîche
- ☐ 1 tbsp apple cider vinegar
- ☐ 1 tbsp optional: dill chopped

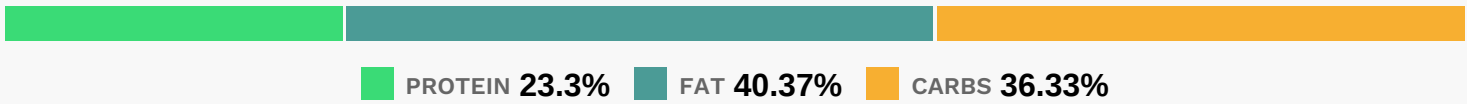
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss all the vegetables with the oil and season well.
- ☐ Spread in a single layer on 2 baking trays (or 1 very large tray) and roast for 30 mins.Season the salmon and spread over the mustard. In the final 10 mins of cooking the veg, add the salmon to the trays.In a small bowl, mix together the horseradish, crme frache, vinegar, dill and some seasoning.
- ☐ Serve the salmon with the sauce and veg.

Nutrition Facts



Properties

Glycemic Index:71.21, Glycemic Load:16.95, Inflammation Score:-10, Nutrition Score:43.12478281104%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 506.58kcal (25.33%), Fat: 23.12g (35.56%), Saturated Fat: 6.03g (37.67%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 33.97g (12.35%), Sugar: 18.81g (20.9%), Cholesterol: 90.26mg (30.09%), Sodium: 317.82mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.04%), Vitamin A: 15601.05IU (312.02%),

Selenium: 53.14µg (75.92%), Vitamin B6: 1.36mg (68.22%), Vitamin B12: 4.05µg (67.53%), Manganese: 1.32mg (66.04%), Vitamin B3: 12.17mg (60.83%), Folate: 241.37µg (60.34%), Potassium: 1809.1mg (51.69%), Fiber: 12.83g (51.32%), Vitamin K: 52.07µg (49.59%), Phosphorus: 460.57mg (46.06%), Vitamin C: 37.73mg (45.74%), Vitamin B2: 0.7mg (41.4%), Vitamin B5: 3.53mg (35.28%), Vitamin B1: 0.53mg (35.18%), Copper: 0.61mg (30.64%), Magnesium: 118.94mg (29.74%), Vitamin E: 4.12mg (27.45%), Iron: 3.02mg (16.77%), Zinc: 2.43mg (16.2%), Calcium: 159.28mg (15.93%)