



Pancetta-wrapped salmon



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



2

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g baby potatoes sliced
- ☐ 3 sprigs tarragon chopped
- ☐ 1 lemon zest
- ☐ 1 knob butter
- ☐ 340 g salmon fillet skinless
- ☐ 4 slices pancetta

Equipment

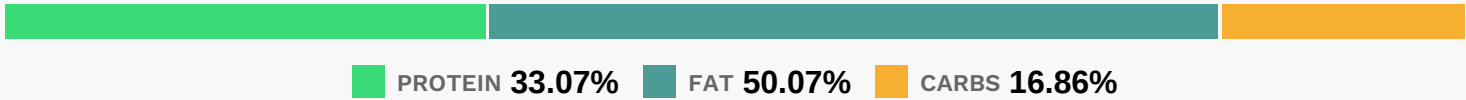
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Boil the potatoes for 5 mins.
- ☐ Drain and tip into a bowl – they will be slightly underdone. Toss with the tarragon, lemon zest, butter and seasoning to taste. Pile in the centre of a foil-lined baking tray.
- ☐ Season salmon with black pepper and wrap the pancetta or prosciutto around the fillets.
- ☐ Place on top of the potatoes and roast for 15–20 mins, or until the fish flakes easily and the pancetta or prosciutto is golden.
- ☐ Serve with steamed green beans.

Nutrition Facts



Properties

Glycemic Index:101.88, Glycemic Load:13.69, Inflammation Score:-7, Nutrition Score:31.543043559012%

Flavonoids

Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 470.67kcal (23.53%), Fat: 25.96g (39.94%), Saturated Fat: 9.28g (57.97%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 16.93g (6.16%), Sugar: 0.91g (1.01%), Cholesterol: 126.64mg (42.21%), Sodium: 256.27mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.17%), Selenium: 65.82µg (94.03%), Vitamin B12: 5.5µg (91.73%), Vitamin B6: 1.81mg (90.3%), Vitamin B3: 15.34mg (76.72%), Vitamin B2: 0.74mg (43.36%), Phosphorus: 432.31mg (43.23%), Potassium: 1383.6mg (39.53%), Vitamin B1: 0.52mg (34.55%), Vitamin B5: 3.23mg (32.35%), Vitamin C: 25.07mg (30.39%), Copper: 0.56mg (28.14%), Magnesium: 85.29mg (21.32%), Manganese: 0.42mg (21.05%), Iron: 3.2mg (17.78%), Folate: 67.43µg (16.86%), Zinc: 1.7mg (11.34%), Fiber: 2.74g (10.96%), Vitamin A: 465.82IU (9.32%), Calcium: 73.91mg (7.39%), Vitamin K: 2.63µg (2.51%), Vitamin E: 0.33mg (2.2%)