



 **100%**
HEALTH SCORE

Pesto Salmon and Potatoes

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

READY IN



35 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch basil leaves fresh plus more for serving
- 1 clove garlic
- 0.3 cup hazelnuts
- 4 servings kosher salt and pepper freshly ground
- 1 optional: lemon for garnish
- 2 tablespoons yogurt plain low-fat
- 1 pound new potatoes halved
- 4 tablespoons olive oil extra-virgin plus more for drizzling

- 2 tablespoons pecorino cheese grated
- 24 ounce salmon fillet wild skinless

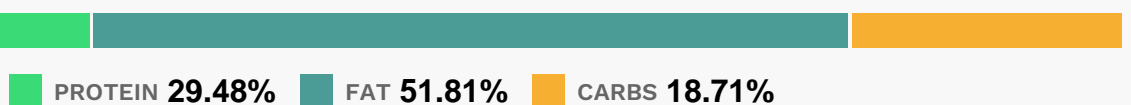
Equipment

- bowl
- frying pan
- blender

Directions

- Set up a 2-layer bamboo steamer in a skillet and add enough water to reach the bottom rim; bring the water to a simmer. Or set up a 2-layer electric steamer according to the manufacturer's instructions.
- Put the potatoes in the bottom tray of the steamer and cook until just tender, about 15 minutes.
- Meanwhile, put the basil, hazelnuts, garlic and 2 tablespoons olive oil in a blender. Finely grate in the zest from half the lemon and squeeze in all of the juice.
- Add 3 to 4 tablespoons water and puree. Season with salt and pepper.
- Transfer to a bowl and stir in the yogurt.
- After the potatoes have cooked 15 minutes, place the salmon in the top tray of the steamer. Season with salt and pepper and cook until the salmon is opaque, 6 to 8 minutes.
- Let the fish sit in the steamer off the heat while you transfer the potatoes to a bowl and smash with the remaining 2 tablespoons olive oil and the pecorino; season with salt and pepper.
- Remove the salmon and top with the pesto and more basil.
- Serve with the potatoes and lemon wedges.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:62.81, Glycemic Load:15.14, Inflammation Score:-7, Nutrition Score:34.966521867591%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 525.1kcal (26.25%), Fat: 30.37g (46.73%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 20.65g (7.51%), Sugar: 2.62g (2.91%), Cholesterol: 96.75mg (32.25%), Sodium: 313.46mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.78%), Vitamin B12: 5.49µg (91.55%), Selenium: 63.52µg (90.74%), Vitamin B6: 1.81mg (90.46%), Vitamin B3: 14.76mg (73.82%), Phosphorus: 466.57mg (46.66%), Vitamin C: 37.8mg (45.81%), Vitamin B2: 0.73mg (42.91%), Potassium: 1433.78mg (40.97%), Vitamin B1: 0.54mg (36.11%), Manganese: 0.71mg (35.44%), Copper: 0.7mg (34.94%), Vitamin B5: 3.36mg (33.65%), Magnesium: 93.99mg (23.5%), Vitamin E: 3.22mg (21.45%), Vitamin K: 20.04µg (19.08%), Folate: 74.77µg (18.69%), Iron: 2.94mg (16.35%), Fiber: 4.03g (16.1%), Zinc: 1.8mg (11.98%), Calcium: 99.65mg (9.96%), Vitamin A: 198.79IU (3.98%)