



Potato & salmon grill

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 650 g new potatoes sliced
- ☐ 100 g peas frozen
- ☐ 200 g salmon red canned (we liked Glenryck's medium salmon)
- ☐ 200 ml crème fraîche
- ☐ 100 g mature cheddar cheese grated

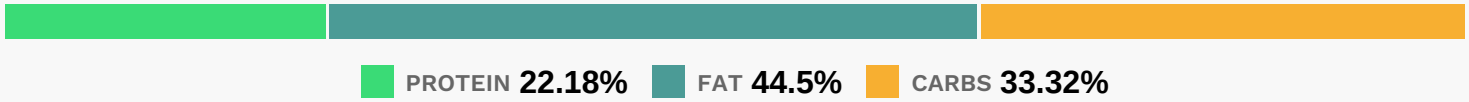
Equipment

- ☐ mixing bowl
- ☐ grill

Directions

- ☐ To cook the veg, boil the potatoes in salted water for about 10 minutes until almost tender but not breaking up. Tip in the frozen peas and simmer for another 2– 3 minutes.
- ☐ Drain well then tip into a mixing bowl. Turn on the grill to high.
- ☐ Drain the salmon and flake it into chunks, then gently toss with the potatoes and peas. Season to taste with salt and pepper and spoon into a flameproof dish.
- ☐ Dollop the crme frache on top, roughly spread it over, and scatter with the cheese. Grill for a few minutes until bubbly and golden.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:21.91, Inflammation Score:-7, Nutrition Score:24.200434871342%

Flavonoids

Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 412.62kcal (20.63%), Fat: 20.69g (31.82%), Saturated Fat: 10.22g (63.86%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 29.85g (10.85%), Sugar: 4.43g (4.92%), Cholesterol: 95.18mg (31.73%), Sodium: 380.07mg (16.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.4%), Vitamin C: 42.45mg (51.45%), Vitamin D: 7.4µg (49.33%), Vitamin B12: 2.84µg (47.37%), Phosphorus: 460.57mg (46.06%), Selenium: 29.56µg (42.23%), Calcium: 393.09mg (39.31%), Vitamin B6: 0.61mg (30.57%), Vitamin B3: 6mg (29.99%), Potassium: 991.63mg (28.33%), Vitamin B2: 0.38mg (22.23%), Fiber: 5g (20%), Manganese: 0.37mg (18.72%), Magnesium: 73.24mg (18.31%), Vitamin A: 780.33IU (15.61%), Zinc: 2.34mg (15.59%), Vitamin B1: 0.23mg (15.13%), Copper: 0.28mg (13.87%), Folate: 52.42µg (13.1%), Iron: 2.09mg (11.63%), Vitamin B5: 1.06mg (10.55%), Vitamin K: 10.67µg (10.16%), Vitamin E: 1.06mg (7.07%)