



Roasted Salmon, Beets, and Potatoes with Horseradish Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baking potatoes peeled cut into 1/2-inch dice (3)
- ☐ 1.5 pounds beets peeled cut into 1/2-inch dice
- ☐ 2 tablespoons cooking oil
- ☐ 0.5 teaspoon optional: dill dried
- ☐ 4 servings fresh-ground pepper black
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons bottled horseradish drained

- ☐ 1.5 pounds salmon fillet skinless cut into 4 pieces
- ☐ 1 teaspoon salt

Equipment

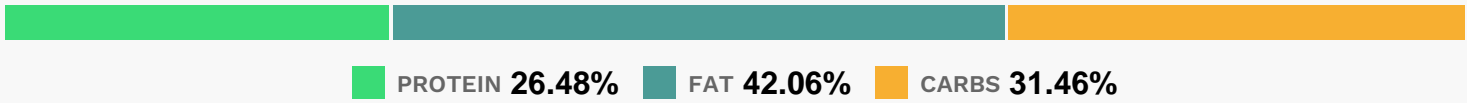
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Heat the oven to 45
- ☐ In a large roasting pan, toss the beets with 1 tablespoon of the oil, 1/4 teaspoon of the salt, 1/4 teaspoon of the dill, and 1/8 teaspoon pepper. Cook in the upper third of the oven, stirring once, for 20 minutes.
- ☐ Remove the pan from the oven and push the beets to one side.
- ☐ Add the potatoes to the pan, next to the beets, and toss them with the remaining 1 tablespoon oil and 1/4 teaspoon of the salt. Return the pan to the oven and cook for 10 minutes. Stir the potatoes and beets, keeping them separate; return the pan to the oven.
- ☐ Meanwhile, oil a baking sheet.
- ☐ Put the salmon on the baking sheet and sprinkle with 1/4 teaspoon of the salt, the remaining 1/4 teaspoon dill, and 1/8 teaspoon pepper.
- ☐ Put the pan in the oven with the vegetables (after you stir them at the end of Step 2). Cook until just done, about 10 minutes for 1-inch fillets.
- ☐ Meanwhile, in a small saucepan, bring the cream just to a simmer.
- ☐ Remove from the heat and whisk in the horseradish, the remaining 1/4 teaspoon salt, and a pinch of pepper.
- ☐ Stir the beets and the potatoes together.
- ☐ Serve the vegetables topped with the salmon and the horseradish sauce.

Wine Recommendation: In the Pacific Northwest, where they really know their seafood, pinot noir is the wine of choice with salmon. It should be yours, too. Try a fruity example from Oregon or California.

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:31.76, Inflammation Score:-8, Nutrition Score:39.833043347234%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 616.25kcal (30.81%), Fat: 29.01g (44.63%), Saturated Fat: 9.12g (57.03%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 41.56g (15.11%), Sugar: 14.02g (15.58%), Cholesterol: 127.17mg (42.39%), Sodium: 837.21mg (36.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.09g (82.19%), Vitamin B6: 2.11mg (105.53%), Selenium: 65.07µg (92.95%), Vitamin B12: 5.46µg (90.94%), Vitamin B3: 15.75mg (78.75%), Folate: 257.23µg (64.31%), Potassium: 2147.89mg (61.37%), Phosphorus: 522.2mg (52.22%), Vitamin B2: 0.83mg (48.75%), Manganese: 0.88mg (44.14%), Vitamin B1: 0.58mg (38.92%), Vitamin B5: 3.69mg (36.9%), Copper: 0.74mg (36.9%), Magnesium: 132.43mg (33.11%), Fiber: 7.26g (29.06%), Vitamin C: 20.14mg (24.41%), Iron: 4.32mg (24.01%), Zinc: 2.32mg (15.45%), Vitamin A: 571.21IU (11.42%), Vitamin E: 1.59mg (10.57%), Calcium: 96.61mg (9.66%), Vitamin K: 9.61µg (9.15%), Vitamin D: 0.48µg (3.17%)