



HEALTH SCORE

90%

Roasted Salmon with Dill Mashed Potatoes



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds baking potatoes peeled cut into 1-inch pieces
- ☐ 0.3 cup optional: dill fresh finely chopped
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 24 oz salmon fillet thick
- ☐ 4 servings salt and pepper
- ☐ 1 cup cup heavy whipping cream sour

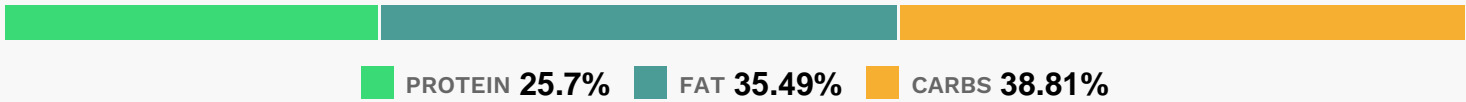
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F.
- ☐ Place potatoes in a large pot, cover with water and add 1 Tbsp. salt. Bring to a boil and cook until potatoes are tender, about 10 to 15 minutes.
- ☐ While potatoes are cooking, line a baking sheet with heavy-duty aluminum foil.
- ☐ Place salmon fillets on foil, skin side down.
- ☐ Brush with oil and sprinkle with salt and pepper. Roast until just opaque in center, 14 to 16 minutes.
- ☐ Remove from oven and loosely tent with foil to keep warm.
- ☐ Drain potatoes and return to pot. Mash over low heat until smooth. Stir in sour cream, milk and dill. Season with salt and pepper to taste.
- ☐ Serve immediately with salmon.

Nutrition Facts



Properties

Glycemic Index:34.44, Glycemic Load:48.91, Inflammation Score:-8, Nutrition Score:39.428696082986%

Flavonoids

Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 674.64kcal (33.73%), Fat: 26.72g (41.11%), Saturated Fat: 8.62g (53.85%), Carbohydrates: 65.77g (21.92%), Net Carbohydrates: 61.28g (22.28%), Sugar: 5.54g (6.15%), Cholesterol: 131.14mg (43.71%), Sodium: 316.92mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.53g (87.06%), Vitamin B6: 2.61mg (130.63%),

Vitamin B12: 5.69µg (94.91%), Selenium: 66.15µg (94.51%), Vitamin B3: 17.02mg (85.11%), Potassium: 2391.46mg (68.33%), Phosphorus: 603.74mg (60.37%), Vitamin B2: 0.91mg (53.3%), Vitamin B1: 0.69mg (46.24%), Vitamin B5: 4.17mg (41.73%), Copper: 0.79mg (39.54%), Magnesium: 138.6mg (34.65%), Manganese: 0.61mg (30.32%), Vitamin C: 22.41mg (27.16%), Iron: 4.54mg (25.23%), Folate: 98.01µg (24.5%), Fiber: 4.48g (17.94%), Calcium: 166.49mg (16.65%), Zinc: 2.42mg (16.11%), Vitamin A: 705.79IU (14.12%), Vitamin K: 9.18µg (8.75%), Vitamin E: 0.77mg (5.15%), Vitamin D: 0.34µg (2.24%)