



Salmon and Greens with Potato Cakes



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



22 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon capers minced drained
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons wine dry white
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons juice of lemon fresh (1 lemon)
- ☐ 4 potatoes
- ☐ 4 cups the salad

- ☐ 24 ounce salmon fillet skinless
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon water

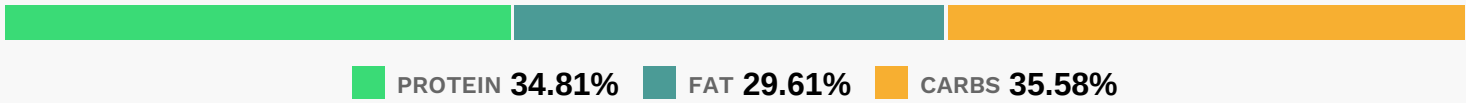
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Reheat Potato Cakes according to recipe instructions on page
- ☐ Combine 1/4 teaspoon pepper and next 7 ingredients; stir well.
- ☐ Sprinkle salmon with 1/4 teaspoon pepper; coat with cooking spray.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add salmon; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove salmon from pan; flake into large chunks.
- ☐ Place greens on serving plates; top with potato cakes.
- ☐ Place salmon on potato cakes; drizzle with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:27.31, Inflammation Score:-8, Nutrition Score:36.15347850841%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

4.97mg

Nutrients (% of daily need)

Calories: 454.06kcal (22.7%), Fat: 14.67g (22.58%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 34.67g (12.61%), Sugar: 1.99g (2.21%), Cholesterol: 93.55mg (31.18%), Sodium: 268.08mg (11.66%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 38.81g (77.63%), Vitamin B6: 2.06mg (103.14%), Selenium: 64.21µg (91.73%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 15.89mg (79.43%), Vitamin C: 54.24mg (65.75%), Potassium: 1821.85mg (52.05%), Phosphorus: 483.8mg (48.38%), Vitamin B2: 0.74mg (43.68%), Vitamin B1: 0.58mg (38.45%), Vitamin B5: 3.54mg (35.37%), Copper: 0.69mg (34.55%), Magnesium: 106.85mg (26.71%), Manganese: 0.47mg (23.54%), Folate: 93.74µg (23.44%), Fiber: 5g (19.99%), Iron: 3.44mg (19.1%), Zinc: 1.84mg (12.25%), Vitamin A: 533.94IU (10.68%), Vitamin K: 7.14µg (6.8%), Calcium: 56.76mg (5.68%), Vitamin E: 0.57mg (3.8%)