



Salmon-and-Potato Cakes with Mixed Greens



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds baking potatoes peeled sliced thin 3
- ☐ 0.3 cup cooking oil
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 teaspoon fresh-ground pepper black
- ☐ 0.3 cup heavy cream
- ☐ 4 quarts salad greens mixed
- ☐ 1 onion grated

- ☐ 1 pound salmon fillet skinless
- ☐ 1.3 teaspoons salt
- ☐ 4 scallions white chopped
- ☐ 1.5 cups water
- ☐ 1 tablespoon white-wine vinegar

Equipment

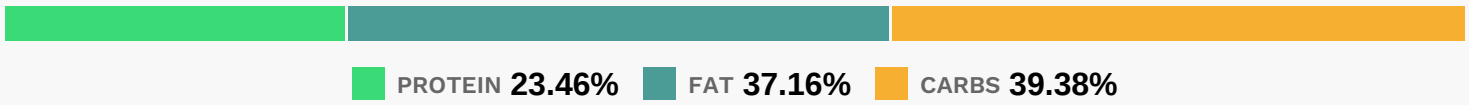
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Brush the bottom of a large deep frying pan with 1 tablespoon of the oil.
- ☐ Put the potatoes in the pan and sprinkle with 1/2 teaspoon of the salt. Top with the onion and then the salmon.
- ☐ Sprinkle another 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper over the salmon.
- ☐ Add the water to the pan, cover, and bring to a boil. Reduce the heat and simmer until the salmon and potatoes are done, about 15 minutes.
- ☐ Remove the salmon and flake.
- ☐ Drain the potatoes well and put in a medium bowl.
- ☐ Add the cream and mash, leaving the potatoes fairly chunky.
- ☐ Add the salmon, another 1/2 teaspoon of the pepper, the scallions, and 2 tablespoons of the dill. Form the mixture into eight cakes; they needn't be perfectly symmetrical or smooth.
- ☐ Wipe out the frying pan.
- ☐ Add 1 tablespoon of the oil and heat over moderately high heat.
- ☐ Add half the salmon cakes to the pan and brown well on both sides, about 5 minutes in all.
- ☐ Drain on paper towels and repeat with another tablespoon oil and the remaining salmon cakes.

- ☐ In a medium glass or stainless-steel bowl, whisk together the mustard, vinegar, and the remaining 1 tablespoon dill and 1/4 teaspoon each salt and pepper.
- ☐ Add the remaining 1/4 cup oil slowly, whisking.
- ☐ Add the greens, toss, and put on plates. Top each salad with two salmon cakes and a lemon wedge.
- ☐ Wine Recommendation: The full flavors of this salad can take on a chardonnay that would drown out other dishes. Select a bottle from California's Napa or Sonoma Valley for a memorable treat.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:24.99, Inflammation Score:-10, Nutrition Score:54.428695134495%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 638.85kcal (31.94%), Fat: 27.47g (42.26%), Saturated Fat: 5.73g (35.8%), Carbohydrates: 65.5g (21.83%), Net Carbohydrates: 62.32g (22.66%), Sugar: 2.96g (3.28%), Cholesterol: 79.18mg (26.39%), Sodium: 1056.97mg (45.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.03g (78.06%), Vitamin C: 233.91mg (283.53%), Vitamin A: 11163.26IU (223.27%), Vitamin B6: 2.32mg (116%), Folate: 416.44µg (104.11%), Manganese: 1.81mg (90.38%), Potassium: 2992.43mg (85.5%), Vitamin B3: 16mg (80%), Phosphorus: 713.11mg (71.31%), Selenium: 46.96µg (67.09%), Vitamin B12: 3.63µg (60.5%), Vitamin B2: 1.01mg (59.28%), Copper: 0.98mg (48.87%), Iron: 8.69mg (48.3%), Vitamin B1: 0.7mg (47%), Magnesium: 184.97mg (46.24%), Vitamin K: 39.31µg (37.44%), Vitamin B5: 3.63mg (36.27%), Zinc: 3.36mg (22.43%), Calcium: 190.49mg (19.05%), Vitamin E: 2.68mg (17.9%), Fiber: 3.18g (12.71%), Vitamin D: 0.24µg (1.59%)