



Salmon-and-Potato Salad

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

Ingredients

- 1 tablespoon capers
- 0.3 cup celery minced
- 0.5 teaspoon optional: dill dried
- 2 tablespoons mayonnaise fat-free
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 1 inch onion
- 0.5 teaspoon pepper

- 8 small potatoes red quartered
- 1 pound skinned salmon fillet
- 0.1 teaspoon salt
- 2 tablespoons water

Equipment

- bowl

Directions

- Combine first 6 ingredients in a small bowl. Stir well; set aside.
- Sprinkle pepper over salmon.
- Place salmon, potatoes, and onion in a vegetable steamer coated with cooking spray; sprinkle with dill. Steam, covered, 15 minutes or until potatoes are tender and fish flakes easily when tested with a fork. Break salmon into chunks.
- Combine salmon, potatoes, onion, and celery in a large bowl.
- Add mayonnaise mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.08, Inflammation Score:-7, Nutrition Score:30.469999950865%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 409.51kcal (20.48%), Fat: 7.92g (12.18%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 56.34g (18.78%), Net Carbohydrates: 50.09g (18.21%), Sugar: 5.46g (6.06%), Cholesterol: 63mg (21%), Sodium: 301.84mg (13.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.26%), Vitamin B6: 1.52mg (75.99%), Vitamin B3: 12.87mg (64.37%), Selenium: 43.19µg (61.71%), Potassium: 2145.29mg (61.29%), Vitamin B12: 3.61µg (60.1%), Phosphorus: 438.65mg (43.87%), Vitamin C: 32.92mg (39.9%), Copper: 0.76mg (37.89%), Vitamin B1: 0.54mg (35.79%), Vitamin B2: 0.55mg (32.19%), Vitamin B5: 2.87mg (28.72%), Magnesium: 111.03mg (27.76%), Manganese: 0.55mg (27.4%), Fiber: 6.25g (25.01%), Folate: 94.74µg (23.68%), Iron: 3.54mg (19.68%), Vitamin K: 14.96µg (14.25%), Zinc: 1.88mg (12.55%), Calcium: 56.73mg (5.67%), Vitamin A: 118.98IU (2.38%)