



 **56%**
HEALTH SCORE

Salmon, Fennel, and Potato Salad with Sour-Cream Dressing

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

Ingredients

- 1 fennel bulb sliced into matchstick strips
- 0.3 teaspoon fresh-ground pepper black
- 1 tablespoon juice of lemon
- 0.3 cup mayonnaise
- 2 tablespoons olive oil
- 1 cup peas frozen
- 1 pound potatoes boiling peeled cut into eighths (3)

- 1 pound salmon fillet skinless
- 0.5 teaspoon salt
- 2 tablespoons scallion tops fresh chopped
- 0.5 cup cup heavy whipping cream sour
- 0.8 pound watercress ()

Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot
- aluminum foil

Directions

- Bring a large pot of salted water to a boil.
- Add the potatoes and cook for 8 minutes. Stir in the peas and continue cooking until the potatoes are tender, about 2 minutes longer.
- Drain thoroughly.
- Meanwhile, fill a large, deep frying pan with 3 inches of salted water. Bring to a simmer.
- Add the salmon and simmer until the fish is just cooked through, about 10 minutes.
- Transfer the salmon to paper towels to drain.
- Cut or flake the salmon into bite-size pieces.
- Chop enough of the fennel fronds to make 1 tablespoon. In a medium glass or stainless-steel bowl, whisk together the sour cream, mayonnaise, chives, oil, lemon juice, chopped fennel fronds, salt, and pepper.
- In a large bowl, toss the watercress with 1/4 cup of the dressing and put the greens on plates. In the same bowl, gently toss the potatoes and peas, the salmon, and the sliced fennel with the remaining dressing. Top the watercress with the potato-and-salmon mixture.

Wine Recommendation: In the Pacific Northwest, where salmon is king, its queen is pinot noir. The oiliness of the fish makes it strong enough to partner a light red, and the complex red-berry and spice notes of the pinot noir are an ideal foil for the flavor of the salmon.

Nutrition Facts

PROTEIN 23.25% **FAT 53.31%** **CARBS 23.44%**

Properties

Glycemic Index:62.08, Glycemic Load:2.79, Inflammation Score:-10, Nutrition Score:39.537391224633%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 19.74mg, Kaempferol: 19.74mg, Kaempferol: 19.74mg, Kaempferol: 19.74mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 26.46mg, Quercetin: 26.46mg, Quercetin: 26.46mg, Quercetin: 26.46mg

Nutrients (% of daily need)

Calories: 512.85kcal (25.64%), Fat: 30.77g (47.34%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 24.12g (8.77%), Sugar: 7.17g (7.97%), Cholesterol: 85.21mg (28.4%), Sodium: 526.15mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.4%), Vitamin K: 292.5µg (278.57%), Vitamin C: 70.42mg (85.36%), Vitamin A: 3377.32IU (67.55%), Vitamin B6: 1.34mg (66.8%), Selenium: 45.19µg (64.56%), Vitamin B12: 3.68µg (61.39%), Vitamin B3: 11.56mg (57.8%), Potassium: 1731.74mg (49.48%), Phosphorus: 441.56mg (44.16%), Vitamin B2: 0.69mg (40.48%), Vitamin B1: 0.54mg (35.75%), Manganese: 0.67mg (33.64%), Copper: 0.62mg (30.8%), Vitamin B5: 2.77mg (27.73%), Magnesium: 101.69mg (25.42%), Fiber: 6.31g (25.25%), Folate: 100.54µg (25.14%), Calcium: 197.3mg (19.73%), Vitamin E: 2.83mg (18.9%), Iron: 3mg (16.64%), Zinc: 1.89mg (12.59%)