

health-score85%

HEALTH SCORE

Salmon Hash

Gluten FreeVery Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

355 kcal

SIDE DISH

Ingredients

- ☐ 8 cups baby arugula
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 3 cups hash browns frozen cubed
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup nonfat greek yogurt plain
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 bell peppers green red chopped and/or

- ☐ 1 onion red thinly sliced
- ☐ 0.8 pound salmon fillet skinless cut into 1/2-inch pieces

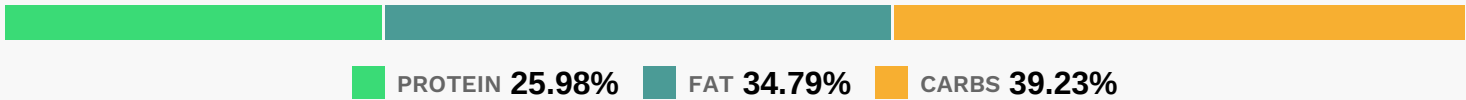
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the yogurt, mustard and dill in a small bowl.
- ☐ Heat 1 1/2 tablespoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add the hash browns, sprinkle with 1/4 teaspoon each salt and pepper, and cook until browned, about 12 minutes.
- ☐ Transfer to a bowl.
- ☐ Heat the remaining 1/2 tablespoon olive oil in the skillet, then add the onion, bell peppers and 1/4 teaspoon salt; cook until golden, about 8 minutes.
- ☐ Add the salmon and cook, stirring occasionally, until just cooked through, about 3 minutes. Return the hash browns to the skillet to heat through, then remove from the heat and stir in 3 tablespoons of the yogurt mixture. Season with salt and pepper.
- ☐ Stir 1 tablespoon water into the remaining yogurt mixture and toss with the arugula in a medium bowl.
- ☐ Serve the salmon hash with the arugula salad, and lemon wedges, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:8.99, Inflammation Score:-9, Nutrition Score:28.103043183036%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg, Isorhamnetin: 3.18mg Kaempferol: 14.2mg, Kaempferol: 14.2mg, Kaempferol: 14.2mg, Kaempferol: 14.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

Nutrients (% of daily need)

Calories: 354.7kcal (17.73%), Fat: 13.94g (21.44%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 30.88g (11.23%), Sugar: 3.88g (4.31%), Cholesterol: 47.4mg (15.8%), Sodium: 325.56mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.42g (46.84%), Vitamin C: 68.97mg (83.6%), Vitamin B6: 1.04mg (51.96%), Vitamin K: 52.38µg (49.89%), Selenium: 34.29µg (48.98%), Vitamin B3: 9.8mg (48.98%), Vitamin B12: 2.79µg (46.53%), Potassium: 1182.32mg (33.78%), Phosphorus: 305.98mg (30.6%), Vitamin B1: 0.42mg (27.94%), Vitamin B2: 0.44mg (25.99%), Manganese: 0.5mg (24.99%), Vitamin A: 1222.52IU (24.45%), Copper: 0.45mg (22.71%), Vitamin B5: 2.24mg (22.45%), Folate: 78.97µg (19.74%), Magnesium: 72.78mg (18.19%), Fiber: 4.49g (17.96%), Iron: 3.19mg (17.72%), Calcium: 119.07mg (11.91%), Vitamin E: 1.42mg (9.47%), Zinc: 1.28mg (8.53%)