



WHATSheATE



HEALTH SCORE

71%

Salmon, Potato and Green Bean Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



22 min.

SERVINGS



4

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup olives black pitted chopped
- ☐ 8 ounces green beans trimmed
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 12 oz potatoes red thinly sliced
- ☐ 1 pound salmon fillet skinless
- ☐ 4 servings salt and pepper

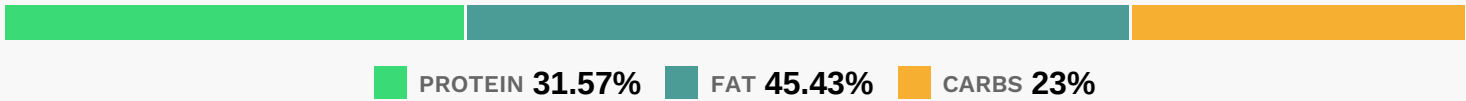
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ steamer basket

Directions

- ☐ Bring 1 inch of water to a boil in a large pan. Line with parchment a steamer basket that will fit in pan. Arrange potatoes on top; sprinkle with salt.
- ☐ Place salmon over potatoes; sprinkle with salt. Lower steamer into pan (don't let basket touch water). Steam for 6 minutes.
- ☐ Place green beans over salmon, cover and continue steaming until potatoes and beans are tender and fish is cooked through, 4 to 6 minutes longer.
- ☐ Transfer potatoes, beans and salmon to a large bowl; flake salmon.
- ☐ Let cool slightly.
- ☐ Add olives to bowl, drizzle with oil and lemon juice, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:23.810434673143%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 317.98kcal (15.9%), Fat: 16.17g (24.88%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 15.05g (5.47%), Sugar: 3.2g (3.55%), Cholesterol: 62.37mg (20.79%), Sodium: 438.11mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.57%), Selenium: 42.26µg (60.38%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.16mg (57.95%), Vitamin B3: 10.34mg (51.7%), Potassium: 1074.82mg (30.71%), Vitamin B2: 0.52mg (30.48%), Phosphorus: 301.27mg (30.13%), Vitamin K: 31.22µg (29.73%), Vitamin B1: 0.38mg (25.05%),

Vitamin B5: 2.26mg (22.64%), Copper: 0.45mg (22.57%), Vitamin C: 17.13mg (20.77%), Magnesium: 67.46mg (16.87%), Folate: 64.21µg (16.05%), Fiber: 3.37g (13.48%), Manganese: 0.26mg (13.1%), Iron: 2.21mg (12.3%), Vitamin E: 1.69mg (11.26%), Vitamin A: 487.2IU (9.74%), Zinc: 1.15mg (7.67%), Calcium: 49.58mg (4.96%)