



Salmon with mustardy celeriac mash



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet salmon
- ☐ 700 g celery root peeled cut into chunks like potato
- ☐ 2 tsp wholegrain mustard
- ☐ 2 tsp juice of lemon
- ☐ 100 g baby spinach leaves

Equipment

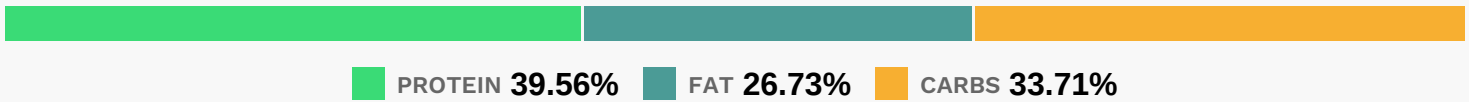
- ☐ frying pan
- ☐ whisk

- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Brush the salmon lightly with olive oil, and season with salt and pepper. Line a grill pan with foil and lay the salmon on top.
- ☐ Place the celeriac in a pan with cold water to cover. Salt and bring to the boil. Lower the heat, cover and simmer for 12–15 minutes until tender. Preheat the grill to medium.
- ☐ Whisk together the mustard, lemon juice, a pinch of sugar, salt, pepper and 1 tbsp olive oil.
- ☐ Grill the salmon for five minutes on each side. Meanwhile, drain the celeriac, reserving 1 tbsp cooking water. Return the celeriac to the pan. Mash until fairly smooth.
- ☐ Add the spinach, stirring occasionally over a low heat, until wilted. Stir in 1 tbsp mustard dressing and the reserved cooking water. Season.
- ☐ Spoon the mash on to two warm plates and top each with a fillet.
- ☐ Drizzle over the leftover dressing.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:51.2478260372%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg, Apigenin: 8.44mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 404.05kcal (20.2%), Fat: 12.2g (18.78%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 27g (9.82%), Sugar: 6.01g (6.67%), Cholesterol: 93.5mg (31.17%), Sodium: 519.35mg (22.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.64g (81.28%), Vitamin K: 385.08µg (366.74%), Vitamin B6: 2.07mg (103.57%), Selenium: 66.71µg (95.29%), Vitamin A: 4760.35IU (95.21%), Vitamin B12: 5.41µg (90.1%), Vitamin B3: 16.21mg (81.03%), Phosphorus: 772.8mg (77.28%), Potassium: 2174.65mg (62.13%), Vitamin B2: 0.95mg (56.15%), Vitamin C: 44.01mg (53.34%), Manganese: 1.05mg (52.51%), Folate: 168.85µg (42.21%), Vitamin B5: 4.11mg (41.15%), Vitamin B1: 0.61mg (40.59%), Magnesium: 161.5mg (40.38%), Copper: 0.74mg (36.98%), Fiber: 7.63g (30.52%), Iron: 5.25mg (29.16%), Calcium: 223.85mg (22.39%), Zinc: 2.54mg (16.95%), Vitamin E: 2.3mg (15.33%)