



HEALTH SCORE

100%

Salmon with salsa verde new potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g baby potatoes halved
- ☐ 2 fillet salmon fillet
- ☐ 3 tbsp olive oil
- ☐ 1 shallots roughly chopped
- ☐ 1 small bunch flat parsley roughly chopped
- ☐ 1 small bunch basil roughly chopped
- ☐ 2 tbsp caper
- ☐ 4 anchovy roughly chopped

- ☐ 1 large garlic clove roughly chopped
- ☐ 1 juice of lemon

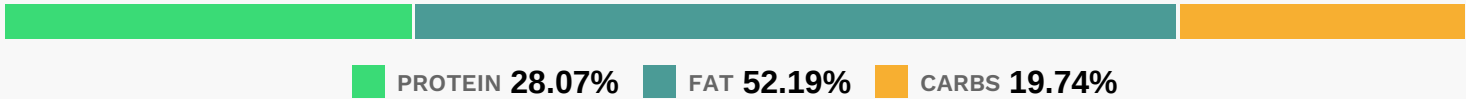
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Put the potatoes in a pan of salted water, bring to the boil and cook for 15 mins or until tender.
- ☐ Heat a non-stick frying pan over a high heat and cook the salmon, skin-side down, for 10 mins until the skin is crisp. Turn over and cook for another 4 mins.
- ☐ Put the oil, shallots, parsley, basil, capers, anchovies, garlic and lemon juice in a small blender and whizz to a green sauce.
- ☐ Add seasoning to taste. Toss 2 tbsp of the sauce with the potatoes and serve with the salmon and sugar snap peas, if you like.

Nutrition Facts



Properties

Glycemic Index:122.88, Glycemic Load:16.94, Inflammation Score:-10, Nutrition Score:43.835217890532%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg, Apigenin: 61.42mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 12.72mg, Kaempferol: 12.72mg, Kaempferol: 12.72mg, Kaempferol: 12.72mg Myricetin: 4.26mg, Myricetin: 4.26mg, Myricetin: 4.26mg, Myricetin: 4.26mg Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg, Quercetin: 15.88mg

Nutrients (% of daily need)

Calories: 561.46kcal (28.07%), Fat: 32.66g (50.24%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 23.29g (8.47%), Sugar: 2.64g (2.93%), Cholesterol: 98.3mg (32.77%), Sodium: 347.2mg (15.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.52g (79.03%), Vitamin K: 501.27µg (477.4%), Selenium:

65.87µg (94.1%), Vitamin B6: 1.87mg (93.66%), Vitamin B12: 5.46µg (90.93%), Vitamin C: 70.89mg (85.93%), Vitamin B3: 16.32mg (81.58%), Vitamin A: 2699.74IU (53.99%), Potassium: 1626.44mg (46.47%), Phosphorus: 455.8mg (45.58%), Vitamin B2: 0.76mg (44.46%), Vitamin B1: 0.53mg (35.34%), Vitamin B5: 3.44mg (34.4%), Copper: 0.68mg (34.24%), Folate: 118.53µg (29.63%), Iron: 4.94mg (27.43%), Magnesium: 104.88mg (26.22%), Vitamin E: 3.43mg (22.88%), Manganese: 0.39mg (19.28%), Fiber: 4.51g (18.02%), Zinc: 2.03mg (13.52%), Calcium: 105.46mg (10.55%)