



Sautéed Salmon With Potatoes and Creamy Anchovy Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 fillet anchovy packed in olive oil, drained
- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon capers drained
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 4 servings pepper black freshly ground

- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 ounce salmon fillet
- ☐ 2 spring onion white green thinly sliced
- ☐ 2 pounds yukon gold potatoes quartered (4 medium)

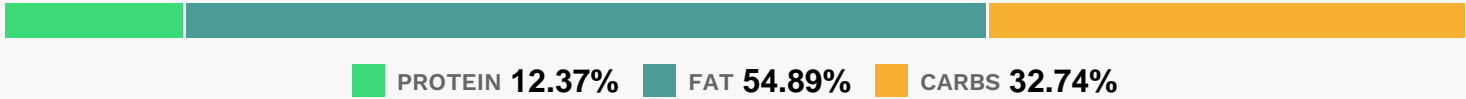
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ spatula
- ☐ colander

Directions

- ☐ Add potatoes to a large pot and cover with water. Season generously with salt. Bring to a boil over high heat and simmer until tender and fork slides in easily, 15 to 20 minutes. When done, drain in a colander. Toss in a large bowl with green scallions and 2 tablespoons of parsley. Season with salt and pepper to taste.
- ☐ Season salmon fillets on both sides with salt and pepper.
- ☐ Heat oil in a large non-stick skillet over medium-high heat until shimmering.
- ☐ Add salmon fillets skin side down, and carefully press the fillets down with a spatula or your fingers for a few seconds so that the skin has full contact with the skillet. Cook until browned on the bottom, 4 to 5 minutes. Carefully flip fillets and cook for 1 minute on the other side.
- ☐ Remove fillets and set aside.
- ☐ For the vinaigrette: Purée the anchovies, lemon juice, capers, and parsley in a food processor. With the blades running, pour in the olive oil and heavy cream until the sauce is smooth and thick, about 20 seconds.
- ☐ Transfer to a bowl and season to taste with salt and pepper.
- ☐ Serve salmon fillets and potatoes with the creamy vinaigrette on the side.

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:29.14, Inflammation Score:-7, Nutrition Score:24.190434842006%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 495.56kcal (24.78%), Fat: 30.67g (47.18%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 35.79g (13.01%), Sugar: 2.35g (2.61%), Cholesterol: 37.86mg (12.62%), Sodium: 103.07mg (4.48%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 15.55g (31.1%), Vitamin K: 83.14µg (79.18%), Vitamin C: 52.83mg (64.04%), Vitamin B6: 1.04mg (52.22%), Vitamin B3: 7.23mg (36.16%), Potassium: 1251.74mg (35.76%), Selenium: 20.15µg (28.79%), Vitamin E: 4.2mg (27.97%), Phosphorus: 240.99mg (24.1%), Vitamin B12: 1.43µg (23.77%), Fiber: 5.36g (21.43%), Copper: 0.39mg (19.63%), Manganese: 0.39mg (19.52%), Vitamin B1: 0.29mg (19.51%), Magnesium: 73.1mg (18.28%), Vitamin B2: 0.29mg (16.81%), Iron: 2.82mg (15.69%), Vitamin B5: 1.49mg (14.91%), Folate: 58.5µg (14.62%), Vitamin A: 453.09IU (9.06%), Zinc: 1.19mg (7.91%), Calcium: 62.23mg (6.22%)