



## Scandi salmon salad



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 400 g baby potatoes halved
- ☐ 1 optional: lemon
- ☐ 250 g salmon fillet
- ☐ 150 ml crème fraîche
- ☐ 0.5 optional: dill finely chopped
- ☐ 0.5 flat parsley finely chopped
- ☐ 1 tbsp imported mustard french
- ☐ 0.5 onion red finely chopped

☐ 100 g radishes quartered

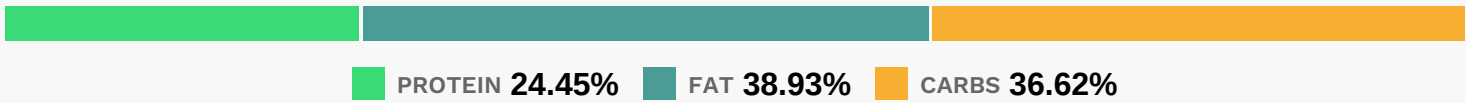
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Boil the potatoes in a large pan of salted water. Bring to the boil and cook for 15 mins, or until tender.
- ☐ Drain and set aside to cool.
- ☐ Meanwhile, zest the lemon, set the zest aside and thinly slice half the lemon.
- ☐ Put the salmon on a baking sheet, season and top with the lemon slices. Roast in the oven for 12–15 mins, until just cooked through. Leave to cool.
- ☐ Mix together the crme frache, dill, parsley, mustard, the reserved lemon zest and one squeeze of the remaining lemon half. Toss together the cooled potatoes with the onion, radish and dressing. Flake over the salmon and season. Take the part-squeezed lemon half with you to squeeze over just before eating.

Nutrition Facts



Properties

Glycemic Index:107.63, Glycemic Load:27.33, Inflammation Score:-8, Nutrition Score:33.966086771177%

Flavonoids

Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg

Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

Nutrients (% of daily need)

Calories: 518.82kcal (25.94%), Fat: 22.85g (35.16%), Saturated Fat: 8.71g (54.42%), Carbohydrates: 48.38g (16.13%), Net Carbohydrates: 41.19g (14.98%), Sugar: 7.71g (8.57%), Cholesterol: 111.77mg (37.26%), Sodium: 374.08mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.58%), Vitamin C: 78.66mg (95.34%), Vitamin B6: 1.75mg (87.74%), Selenium: 49.58µg (70.82%), Vitamin B12: 4.13µg (68.8%), Vitamin B3: 12.22mg (61.1%), Potassium: 1780.04mg (50.86%), Phosphorus: 446.34mg (44.63%), Vitamin B2: 0.7mg (41.19%), Vitamin B1: 0.5mg (33.18%), Vitamin B5: 3.14mg (31.38%), Copper: 0.6mg (29.9%), Fiber: 7.19g (28.77%), Magnesium: 101.87mg (25.47%), Folate: 92.04µg (23.01%), Manganese: 0.42mg (21.19%), Iron: 3.19mg (17.75%), Calcium: 146.37mg (14.64%), Zinc: 1.84mg (12.3%), Vitamin A: 564.52IU (11.29%), Vitamin K: 9.75µg (9.29%), Vitamin E: 0.39mg (2.57%)