



HEALTH SCORE

54%

Slow-Roasted Salmon with Potatoes



Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds fingerling potatoes
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh
- ☐ 2 tablespoons tarragon fresh
- ☐ 0.5 juice of lemon
- ☐ 3 bunches leeks trimmed quartered
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings sea salt

- ☐ 1 shallots
- ☐ 3 pounds skin-on wild fresh
- ☐ 4 tablespoons butter unsalted at room temperature

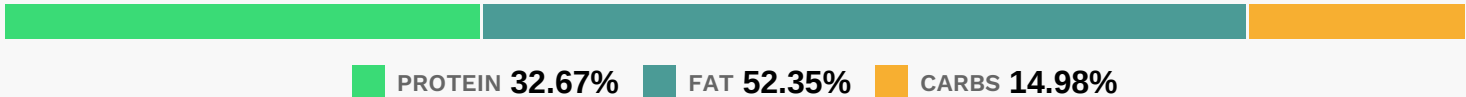
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 450 degrees F. Toss the leeks in a roasting pan with 1/3 cup olive oil; season with salt. Roast until slightly golden, about 30 minutes.
- ☐ Meanwhile, place the salmon in another shallow pan and rub with the remaining 1 tablespoon olive oil. Set aside to come to room temperature.
- ☐ When the leeks are done, reduce the oven temperature to 275 degrees F. Season the salmon with salt, place over the leeks and brush with the oil in the pan. Roast until firm, 30 to 40 minutes.
- ☐ Meanwhile, cook the potatoes in a pot of boiling salted water until fork-tender, about 10 minutes; drain.
- ☐ Pulse the shallot in a food processor until minced.
- ☐ Add the butter, chives, tarragon, parsley, lemon juice, and salt to taste and pulse until combined.
- ☐ Remove the salmon from the oven and top with half of the herb butter; top the potatoes with the rest. Slice the salmon, season with salt and serve with the leeks and potatoes.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:15.41, Inflammation Score:-7, Nutrition Score:38.395217302053%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 593.89kcal (29.69%), Fat: 34.25g (52.69%), Saturated Fat: 8.75g (54.71%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 19.17g (6.97%), Sugar: 1.33g (1.48%), Cholesterol: 144.8mg (48.27%), Sodium: 304.5mg (13.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.09g (96.18%), Vitamin B12: 7.23µg (120.47%), Selenium: 83.39µg (119.12%), Vitamin B6: 2.27mg (113.28%), Vitamin B3: 19.27mg (96.35%), Vitamin B2: 0.94mg (55.08%), Phosphorus: 532mg (53.2%), Potassium: 1689.31mg (48.27%), Vitamin B5: 4.14mg (41.44%), Vitamin B1: 0.61mg (41%), Copper: 0.72mg (35.76%), Vitamin C: 27.22mg (33%), Vitamin K: 34.3µg (32.66%), Magnesium: 102.39mg (25.6%), Folate: 86.83µg (21.71%), Manganese: 0.42mg (20.86%), Iron: 3.68mg (20.47%), Vitamin E: 1.98mg (13.19%), Zinc: 1.92mg (12.79%), Vitamin A: 588.73IU (11.77%), Fiber: 2.89g (11.55%), Calcium: 74.63mg (7.46%)