



Smoked trout & potato wedges

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 500 g potatoes cubed
- ☐ 100 g baby spinach
- ☐ 1 lemon zest
- ☐ 140 g trout smoked flaked
- ☐ 1 tbsp capers
- ☐ 1 tbsp optional: dill chopped
- ☐ 140 g breadcrumbs stale
- ☐ 1 tbsp unrefined sunflower oil

☐ 4 servings lemon wedges

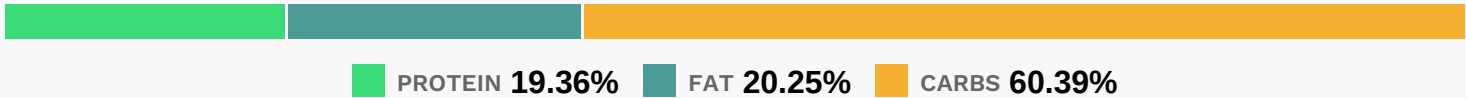
Equipment

- ☐ frying pan
- ☐ grill
- ☐ colander

Directions

- ☐ Boil potatoes in salted water for 15 mins until tender. Meanwhile, tip the spinach into a large colander in the sink.
- ☐ Drain the potatoes over the spinach so the cooking water wilts it, then spoon the potatoes back into the pan. Mash, stirring in the lemon zest and juice and some seasoning, then fold through the trout flakes, squeezed-out spinach, capers and dill.
- ☐ Tip half the breadcrumbs onto a large plate, then tip the potato mixture onto another plate and shape into a large disc. Flip the potato cake onto the crumbs, pressing the remaining crumbs onto the top.
- ☐ Heat the grill and pour the oil into a large frying pan. Carefully slide the potato cake into the pan, then cook for 5 mins until the bottom is golden. Now grill for 4–5 mins until the crumbs on top are golden and the cake is hot through.
- ☐ Serve hot with lemon wedges, tartare sauce and a green salad.

Nutrition Facts



Properties

Glycemic Index:39.06, Glycemic Load:16.12, Inflammation Score:-9, Nutrition Score:25.467391179956%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

0.09mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 319.27kcal (15.96%), Fat: 7.21g (11.1%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 48.38g (16.13%), Net Carbohydrates: 43.25g (15.73%), Sugar: 3.35g (3.72%), Cholesterol: 37.1mg (12.37%), Sodium: 369.05mg (16.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin K: 126.15µg (120.15%), Vitamin A: 2398.66IU (47.97%), Vitamin C: 34.29mg (41.57%), Manganese: 0.75mg (37.35%), Selenium: 25.87µg (36.95%), Vitamin B1: 0.48mg (32.26%), Vitamin B6: 0.63mg (31.28%), Folate: 109µg (27.25%), Potassium: 892.68mg (25.51%), Phosphorus: 254.22mg (25.42%), Vitamin B3: 4.87mg (24.33%), Vitamin B12: 1.33µg (22.22%), Fiber: 5.13g (20.53%), Magnesium: 78.62mg (19.65%), Iron: 3.53mg (19.59%), Vitamin B2: 0.31mg (17.97%), Copper: 0.28mg (14%), Vitamin E: 2.01mg (13.4%), Calcium: 114.84mg (11.48%), Vitamin B5: 0.89mg (8.9%), Zinc: 1.22mg (8.12%)