

**100%**
HEALTH SCORE

Speedy salmon and leek one-pot



Gluten Free



Dairy Free



Very Healthy

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**495 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 700 g leeks finely sliced
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp wholegrain mustard
- ☐ 2 tbsp clear honey
- ☐ 4 juice of lemon
- ☐ 250 g pack cherry tomatoes halved
- ☐ 4 fillet salmon skinless

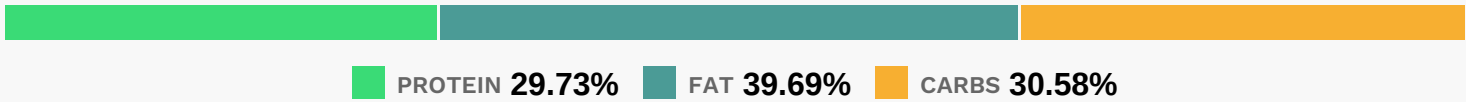
Equipment

- ☐ whisk
- ☐ microwave

Directions

- ☐ Put the leeks into a large microwave dish and sprinkle over 2 tablespoons water. Cover the dish with cling film and pierce a couple of times with a fork. Cook on 850W for 3 minutes, then leave to stand for 1 minute.
- ☐ Whisk the olive oil, mustard, honey and lemon juice together and season with a little salt and pepper. Scatter the tomatoes on top of the leeks and spoon over half the sauce.
- ☐ Lay the salmon fillets side by side on top of the vegetables and spoon the remaining sauce over them. Replace the cling film and continue cooking on 850W for 9 minutes. Leave to stand for a couple of minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:11.48, Inflammation Score:-10, Nutrition Score:43.487391015758%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg, Kaempferol: 4.68mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 495.32kcal (24.77%), Fat: 22.2g (34.15%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 34.45g (12.53%), Sugar: 17.86g (19.85%), Cholesterol: 93.5mg (31.17%), Sodium: 200.1mg (8.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.8%), Selenium: 66.78µg (95.39%), Vitamin B6: 1.87mg (93.46%), Vitamin B12: 5.41µg (90.1%), Vitamin K: 90.43µg (86.13%), Vitamin B3: 14.48mg (72.38%), Vitamin A: 3298IU (65.96%), Vitamin C: 46.94mg (56.9%), Manganese: 0.98mg (48.89%), Phosphorus: 429.67mg (42.97%), Vitamin B2: 0.73mg (42.69%), Folate: 169.36µg (42.34%), Potassium: 1331.96mg (38.06%), Vitamin B1: 0.53mg (35.54%), Copper: 0.7mg (34.8%), Vitamin B5: 3.22mg (32.23%), Iron: 5.71mg (31.7%), Magnesium: 109.54mg (27.38%), Vitamin E: 3.54mg (23.62%), Fiber: 4.02g (16.08%), Calcium: 137.79mg (13.78%), Zinc: 1.47mg (9.81%)