



HEALTH SCORE

100%

Spring salmon with minty veg



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g baby potatoes sliced
- ☐ 750 g pea beans frozen (we used Waitrose pea and bean mix, £)
- ☐ 3 tbsp olive oil
- ☐ 1 juice of lemon
- ☐ 1 small mint leaves
- ☐ 4 fillet salmon fillet

Equipment

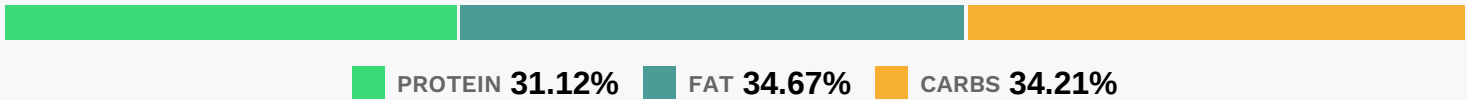
- ☐ frying pan

- ☐ whisk
- ☐ blender
- ☐ microwave

Directions

- ☐ Boil the potatoes in a large pan for 4 mins. Tip in the peas and beans, bring back up to a boil, then carry on cooking for another 3 mins until the potatoes and beans are tender. Whizz the olive oil, lemon zest and juice and mint in a blender to make a dressing(or finely chop the mint and whisk into the oil and lemon).
- ☐ Put the salmon in a microwave-proof dish, season, then pour the dressing over. Cover with cling film, pierce, then microwave on High for 4-5 mins until cooked through.
- ☐ Drain the veg, then mix with the hot dressing and cooking juices from the fish.
- ☐ Serve the fish on top of the vegetables.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:30.36, Inflammation Score:-6, Nutrition Score:38.166956492092%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 570.42kcal (28.52%), Fat: 21.84g (33.6%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 44.33g (16.12%), Sugar: 1.65g (1.83%), Cholesterol: 93.5mg (31.17%), Sodium: 86.41mg (3.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.1g (88.23%), Vitamin B6: 1.95mg (97.37%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.62µg (89.46%), Vitamin B3: 17.04mg (85.18%), Vitamin C: 66.17mg (80.21%), Phosphorus: 558.28mg (55.83%), Vitamin B2: 0.9mg (52.66%), Vitamin B1: 0.72mg (48.25%), Potassium: 1631.63mg (46.62%), Iron: 7.59mg (42.15%), Vitamin B5: 3.39mg (33.94%), Copper: 0.63mg (31.48%), Magnesium: 93.07mg (23.27%), Folate: 74.29µg (18.57%), Calcium: 179.06mg (17.91%), Fiber: 4.17g (16.67%), Manganese: 0.32mg (15.9%),

Zinc: 1.64mg (10.92%), Vitamin E: 1.54mg (10.28%), Vitamin K: 9.88µg (9.41%), Vitamin A: 82.82IU (1.66%)