



HEALTH SCORE

95%

Sweet mustard salmon with garlicky veg



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g baby potatoes halved
- ☐ 1 tbsp coarse mustard
- ☐ 1 orange juice
- ☐ 2 tsp clear honey
- ☐ 5 oz salmon fillet boneless skinless
- ☐ 2 bell pepper red
- ☐ 250 g sugar snap peas
- ☐ 2 tbsp olive oil (garlic-infused if you have it)

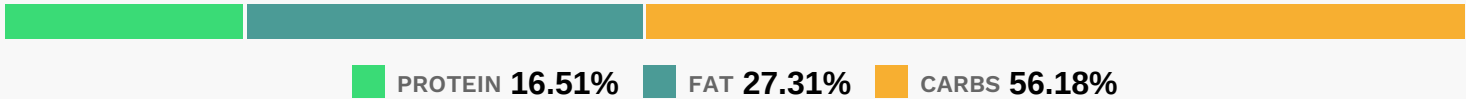
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to fan 180C/conventional 200C/gas
- ☐ Boil the potatoes for 10 minutes until tender. Meanwhile, whisk the mustard, orange juice and honey together in a bowl to make a marinade. Turn the salmon fillets in the marinade until evenly coated, then set aside. Deseed the peppers and cut into thick strips.
- ☐ Drain the potatoes and tip into a shallow ovenproof dish or roasting tray with the peppers and sugar snap peas.
- ☐ Drizzle over the oil, salt and pepper, then toss everything together.
- ☐ Put the salmon fillets on top of the vegetables and pour over the marinade.
- ☐ Bake for 20–25 minutes until the salmon is cooked and just starting to brown.

Nutrition Facts



Properties

Glycemic Index:63.01, Glycemic Load:27.04, Inflammation Score:-10, Nutrition Score:25.594782704892%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 317.97kcal (15.9%), Fat: 9.88g (15.19%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 38.51g (14%), Sugar: 10.65g (11.83%), Cholesterol: 19.49mg (6.5%), Sodium: 73.4mg (3.19%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Vitamin C: 158.13mg (191.67%), Vitamin B6: 1.13mg (56.28%), Vitamin A: 2592.91IU (51.86%), Potassium: 1251.08mg (35.75%), Vitamin B3: 5.8mg (29.02%), Fiber: 7.2g (28.79%), Manganese: 0.53mg (26.61%), Vitamin K: 26.39µg (25.13%), Vitamin B1: 0.38mg (25.1%), Folate: 97.31µg (24.33%), Phosphorus: 233.08mg (23.31%), Selenium: 15.31µg (21.87%), Magnesium: 79.06mg (19.77%), Iron: 3.45mg (19.14%), Vitamin B12: 1.13µg (18.78%), Vitamin B5: 1.84mg (18.44%), Copper: 0.36mg (18.06%), Vitamin B2: 0.3mg (17.86%), Vitamin E: 2.23mg (14.86%), Zinc: 1.13mg (7.51%), Calcium: 62.08mg (6.21%)