



HEALTH SCORE

56%

Baked Salmon Stuffed with Mascarpone Spinach

READY IN



45 min.

SERVINGS



8

CALORIES



831 kcal

SIDE DISH

Ingredients

- ☐ 2.7 cups bread fresh french with crust
- ☐ 0.5 cup butter melted (1 stick)
- ☐ 4 ounces cream cheese room temperature
- ☐ 1 pinch nutmeg
- ☐ 0.5 cup mascarpone cheese room temperature
- ☐ 8 servings olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 48 ounce salmon fillet with skin (each)

☐ 10 ounce pkt spinach fresh

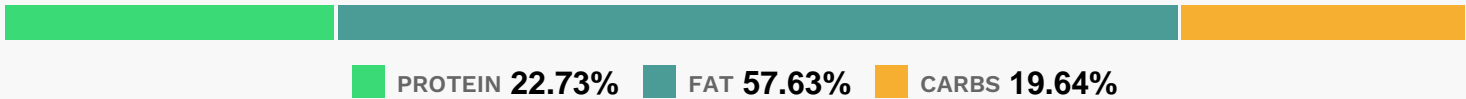
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Cook spinach in large pot of boiling water just until wilted, about 30 seconds.
- ☐ Drain; rinse with cold water. Squeeze spinach dry, then finely chop.
- ☐ Place in small bowl.
- ☐ Mix in cream cheese, mascarpone, and ground nutmeg. Season to taste with salt and pepper.
- ☐ Cut one 3/4-inch-deep, 2 1/2-inch-long slit down center of top side of each salmon fillet, forming pocket for spinach mixture. Fill each slit with spinach mixture, dividing equally among salmon fillets. (Can be made 4 hours ahead. Cover and chill.)
- ☐ Preheat oven to 450°F.
- ☐ Brush rimmed baking sheet with olive oil.
- ☐ Sprinkle salmon fillets with salt and pepper.
- ☐ Mix breadcrumbs, melted butter, and Parmesan cheese in medium bowl. Top each salmon fillet with breadcrumb mixture, pressing to adhere.
- ☐ Place salmon fillets, skin side down, on prepared baking sheet.
- ☐ Bake salmon until opaque in center, about 12 minutes.
- ☐ Transfer to plates and serve.
- ☐ * Italian cream cheese sold at Italian markets and also at many supermarkets.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:20.53, Inflammation Score:-10, Nutrition Score:46.174347875559%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 831.12kcal (41.56%), Fat: 53g (81.54%), Saturated Fat: 19.27g (120.42%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 36.69g (13.34%), Sugar: 5.25g (5.83%), Cholesterol: 157.87mg (52.62%), Sodium: 729mg (31.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.03g (94.07%), Vitamin K: 184.85µg (176.05%), Selenium: 88.7µg (126.72%), Vitamin B12: 5.55µg (92.48%), Vitamin B3: 18.06mg (90.3%), Vitamin A: 4188.51IU (83.77%), Vitamin B6: 1.56mg (78.08%), Manganese: 1.3mg (64.78%), Vitamin B2: 0.97mg (57.13%), Phosphorus: 517.75mg (51.78%), Vitamin B1: 0.74mg (49.49%), Folate: 180.48µg (45.12%), Vitamin B5: 3.62mg (36.17%), Potassium: 1176.6mg (33.62%), Copper: 0.59mg (29.72%), Iron: 5.29mg (29.38%), Magnesium: 113.63mg (28.41%), Calcium: 246.53mg (24.65%), Vitamin E: 3.37mg (22.45%), Zinc: 2.45mg (16.36%), Fiber: 3.96g (15.84%), Vitamin C: 10.12mg (12.27%)