



## Baked Salmon with Guajillo Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 avocado leaves dried
- 0.3 cup cilantro leaves chopped
- 2 cloves garlic unpeeled
- 3 oz guajillo chiles dried stemmed seeded
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 2 lb salmon fillet cut into 8 pieces
- 0.7 cup planters slivered almonds divided toasted
- 4 cups water

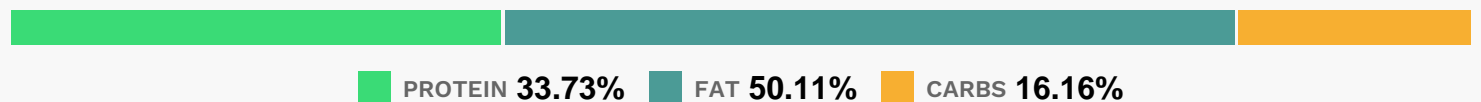
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- aluminum foil

## Directions

- Cook garlic in small skillet on medium-high heat 10 min. or until roasted, turning occasionally. Peel; reserve.
- Heat oven to 350F. Soak chiles in hot water 10 min. or until softened; drain, reserving 1/4 cup liquid.
- Place chiles and reserved liquid in blender.
- Add dressing, 1/4 cup nuts and reserved garlic; blend until smooth.
- Pour over fish in large bowl; toss to coat with sauce.
- Place 1 avocado leaf on each of 8 (12-inch-square) sheets of foil; top with fish. Gather up sides at top and twist tightly to form pouch.
- Place on baking sheet.
- Bake 20 min. or until fish flakes easily with fork. Meanwhile, coarsely chop remaining nuts; mix with cilantro. Open pouches; sprinkle fish with nut mixture.

## Nutrition Facts



## Properties

Glycemic Index:1.6, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:4.402173915635%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 53.63kcal (2.68%), Fat: 3.01g (4.64%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.27g (1.41%), Cholesterol: 11.09mg (3.7%), Sodium: 50.61mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Selenium: 7.59µg (10.84%), Vitamin B12: 0.64µg (10.68%), Vitamin A: 516.11IU (10.32%), Vitamin B6: 0.19mg (9.33%), Vitamin B3: 1.81mg (9.07%), Vitamin B2: 0.12mg (6.94%), Phosphorus: 51.85mg (5.19%), Vitamin K: 4.52µg (4.3%), Potassium: 150.14mg (4.29%), Copper: 0.08mg (3.79%), Vitamin E: 0.56mg (3.71%), Vitamin B5: 0.36mg (3.62%), Vitamin B1: 0.05mg (3.43%), Magnesium: 12.29mg (3.07%), Fiber: 0.75g (2.99%), Manganese: 0.06mg (2.96%), Iron: 0.35mg (1.94%), Folate: 6.77µg (1.69%), Zinc: 0.21mg (1.37%)