



Fiambre de Salmón (Salmon and Rice Packets)



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings ají for serving
- ☐ 1 Leaves banana and foil for wrapping
- ☐ 1 cup carrots peeled sliced
- ☐ 1 cup peas fresh
- ☐ 1 tablespoon ground cumin
- ☐ 1 cup aliños sauce
- ☐ 2 cups rice yellow cooked
- ☐ 4 fillet salmon skinless

- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 4 servings kitchen string

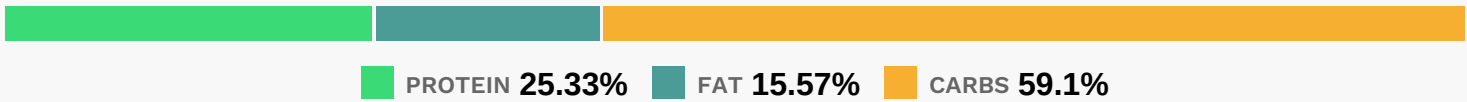
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Cut the plantain leaves in 8 squares.
- ☐ Place 1 piece of the leaf on a work surface and place a second leaf on top, pointing in the opposite direction, like forming a cross.In a bowl mix the cooked rice with the aliños sauce.Put 1/2 cup of the yellow rice mixture on the center of the banana leaves.
- ☐ Place 1/4 cup of peas and 1/4 cup of carrots on top of the rice and place 1 salmon fillet on top of the vegetables.Fold the banana leaves up, one of the four sides at the time, so that the leaves enclose all the filling, like you’re making a package. Tie with butcher’s string. Continue the process until all the tamales are wrapped and tied.Wrap them again with foil paper. Bring salted water to a boil over medium–high heat.
- ☐ Add the packets cover and cook for about 20 minutes.
- ☐ Remove from the heat and let cool slightly before unwrapping.
- ☐ Serve with lime wedges and aji.

Nutrition Facts



Properties

Glycemic Index:75.78, Glycemic Load:48.09, Inflammation Score:-10, Nutrition Score:42.744782675867%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 716.96kcal (35.85%), Fat: 12.13g (18.66%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 103.62g (34.54%), Net Carbohydrates: 97.79g (35.56%), Sugar: 19.26g (21.4%), Cholesterol: 93.5mg (31.17%), Sodium: 1012.78mg (44.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.41g (88.83%), Vitamin A: 6099.46IU (121.99%), Selenium: 77.12µg (110.17%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.74mg (86.89%), Vitamin B3: 16.4mg (82%), Manganese: 1.4mg (69.99%), Phosphorus: 525.59mg (52.56%), Vitamin B2: 0.82mg (48.29%), Vitamin B1: 0.62mg (41.45%), Vitamin B5: 4.02mg (40.18%), Copper: 0.76mg (37.96%), Potassium: 1277.25mg (36.49%), Vitamin K: 37.18µg (35.41%), Vitamin C: 24.67mg (29.91%), Magnesium: 107.77mg (26.94%), Folate: 98.12µg (24.53%), Iron: 4.3mg (23.91%), Fiber: 5.83g (23.32%), Zinc: 2.83mg (18.87%), Calcium: 100.51mg (10.05%), Vitamin E: 0.64mg (4.28%)