



 **84%**
HEALTH SCORE

Stuffed Salmon With Tomato-Olive Tapenade

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings round of président brie to taste
- 2 servings optional: dill to taste
- 6 cloves garlic minced
- 2 servings olive oil to taste
- 1 cup olives
- 1 onion chopped
- 2 salmon fillet
- 2 servings salt and pepper

- 1 cup pkt spinach chopped
- 2 large tomatoes

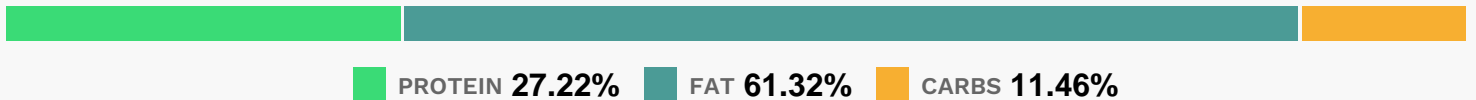
Equipment

- food processor
- bowl
- oven

Directions

- Preheat oven to 350F. Pound salmon fillets and rub with olive oil and dill. In bowl, combine chopped spinach, onions, and garlic. Season with salt.
- Spread spinach mixture on salmon fillet. Slice brie and add on top. Carefully roll salmon and tie with string.
- Bake for about 15–18 minutes. Chop olives in food processor.
- Add chopped tomatoes and blend.
- Spread on top of salmon.

Nutrition Facts



Properties

Glycemic Index: 84.5, Glycemic Load: 3.94, Inflammation Score: -10, Nutrition Score: 44.356956521739%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg, Isorhamnetin: 2.8mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg

Nutrients (% of daily need)

Calories: 634.9kcal (31.74%), Fat: 43.94g (67.6%), Saturated Fat: 10.28g (64.26%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 12.61g (4.58%), Sugar: 7.77g (8.63%), Cholesterol: 123.5mg (41.17%), Sodium: 1535.31mg (66.75%), Protein: 43.87g (87.75%), Vitamin B12: 5.9µg (98.35%), Selenium: 68.71µg (98.16%), Vitamin K: 97.26µg

(92.63%), Vitamin B6: 1.83mg (91.73%), Vitamin B3: 14.95mg (74.77%), Vitamin A: 3443.1IU (68.86%), Vitamin B2: 0.89mg (52.63%), Phosphorus: 479.92mg (47.99%), Potassium: 1539.3mg (43.98%), Vitamin C: 36.11mg (43.77%), Vitamin E: 5.97mg (39.77%), Vitamin B1: 0.54mg (36.12%), Copper: 0.69mg (34.36%), Vitamin B5: 3.34mg (33.45%), Folate: 131.29µg (32.82%), Manganese: 0.6mg (30.13%), Magnesium: 102.41mg (25.6%), Fiber: 5.87g (23.47%), Calcium: 173.16mg (17.32%), Iron: 3.09mg (17.19%), Zinc: 2.42mg (16.11%)