



Hearty Salmon Strudel with Dill

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

Ingredients

- ☐ 0.5 teaspoon cornstarch
- ☐ 1 teaspoon optional: dill dried
- ☐ 0.8 cup evaporated skim milk
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup leek thinly sliced
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 8 sheets phyllo dough frozen thawed
- ☐ 1.5 cups potatoes red cubed peeled ()
- ☐ 1 pound salmon fillet ()

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons water

Equipment

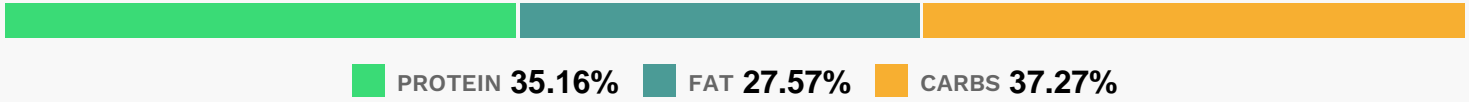
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ broiler pan

Directions

- ☐ Place salmon fillet on a broiler pan coated with cooking spray.
- ☐ Sprinkle salt, garlic powder, and pepper evenly over fillet. Broil 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Cut fillet into small chunks; set aside.
- ☐ Preheat oven to 35
- ☐ Combine potato, milk, and leek in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potato is tender.
- ☐ Combine water and cornstarch in a small bowl. Stir well; add to pan. Bring to a boil; cook 1 minute, stirring constantly. Gently stir in fish chunks, dill, and cheese. Set aside.
- ☐ Place 1 phyllo sheet on work surface (cover remaining dough to keep from drying); lightly coat with cooking spray. Working with 1 phyllo sheet at a time, coat remaining 7 phyllo sheets with cooking spray, placing one on top of the other.
- ☐ Place a sheet of plastic wrap over phyllo, pressing gently to seal sheets together; discard plastic wrap.
- ☐ Spoon potato mixture along 1 long edge of phyllo, leaving a 2-inch border. Fold over the short edges of phyllo to cover 2 inches of potato mixture on each end.
- ☐ Starting at long edge with 2-inch border, roll up jelly-roll fashion. (Do not roll tightly, or strudel may split.)

- ☐
- Place strudel, seam side down, on a jelly-roll pan coated with cooking spray. Score diagonal slits into top of strudel using a sharp knife. Lightly spray strudel with cooking spray.
- ☐
- Bake strudel at 350 for 30 minutes or until golden brown.
- ☐
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:3.89, Inflammation Score:-4, Nutrition Score:12.335217444793%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 178.43kcal (8.92%), Fat: 5.35g (8.23%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 15.54g (5.65%), Sugar: 3.17g (3.53%), Cholesterol: 33.78mg (11.26%), Sodium: 253.85mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Selenium: 26.53µg (37.9%), Vitamin B12: 1.89µg (31.43%), Vitamin B3: 5.46mg (27.31%), Vitamin B6: 0.52mg (26.25%), Vitamin B2: 0.37mg (21.62%), Phosphorus: 198.04mg (19.8%), Vitamin B1: 0.26mg (17.2%), Potassium: 455.11mg (13%), Vitamin B5: 1.23mg (12.33%), Calcium: 102.42mg (10.24%), Folate: 39.31µg (9.83%), Copper: 0.19mg (9.67%), Manganese: 0.16mg (8.16%), Iron: 1.43mg (7.97%), Magnesium: 31.84mg (7.96%), Zinc: 0.81mg (5.43%), Vitamin A: 234.82IU (4.7%), Vitamin K: 3.63µg (3.46%), Vitamin D: 0.49µg (3.26%), Fiber: 0.74g (2.97%), Vitamin C: 2.23mg (2.7%)