



## Indian-Spiced Phyllo and Smoked Salmon Napoleons

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 teaspoon chile powder pure
- ☐ 2 tablespoons chives snipped
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup heavy cream
- ☐ 1 large jalapeño minced seeded

- ☐ 2 tablespoons mint leaves
- ☐ 5 sheets phyllo dough thawed
- ☐ 1.5 cups yogurt plain
- ☐ 4 large radishes--3 thinly sliced cut into matchsticks, 1
- ☐ 0.3 cup onion diced red finely
- ☐ 6 servings salt
- ☐ 0.5 pound salmon smoked thinly sliced
- ☐ 4 tablespoons butter unsalted

## Equipment

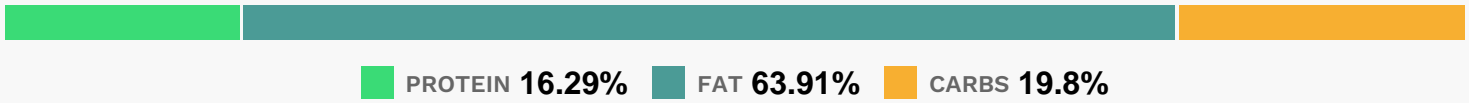
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen towels

## Directions

- ☐ Drain the yogurt in a coffee filter in the refrigerator for at least 3 hours or overnight.
- ☐ Preheat the oven to 37
- ☐ In a small saucepan, melt the butter.
- ☐ Let cool slightly, then pour into a small bowl, leaving the milk solids behind. Stir in the chile powder, cumin, coriander and cayenne.
- ☐ Cut the phyllo sheets in half crosswise. Working with 3 sheets at a time and keeping the rest covered with plastic wrap and a kitchen towel, brush the sheets with some of the spiced butter and stack them in three separate 3-layer piles; discard the remaining phyllo. Trim any ragged edges.
- ☐ Cut 1 of the stacks into six 3 1/2 -inch squares.

- ☐ Transfer all the phyllo to 2 baking sheets, re-forming the cut rectangle, and bake for about 10 minutes, or until golden; let cool.
- ☐ In a blender, puree the yogurt with the cilantro, chives and mint.
- ☐ Transfer to a small bowl and stir in the radish matchsticks, onion and jalapeo. Whip the cream until it holds firm peaks and fold it into the herbed yogurt; season with salt. Reserve 1/2 cup of the yogurt.
- ☐ Set 1 of the large phyllo stacks on a work surface and top with half of the salmon and half of the herbed yogurt. Cover with the second large phyllo stack and the remaining salmon and yogurt. Top with the phyllo squares, re-forming the rectangle. Using a very sharp knife, cut the napoleons, between the squares, wiping the knife blade after each cut. Set each napoleon on a plate, top with a dollop of the reserved yogurt, garnish with radish slices and serve.
- ☐ Make Ahead: The recipe can be prepared through Step 4 up to 1 day ahead. Wrap the phyllo on the 2 baking sheets tightly with plastic and store at room temperature. Refrigerate the herbed yogurt. Recrisp the phyllo in a 325 oven before proceeding if necessary.
- ☐ Serve With: A mesclun salad.

## Nutrition Facts



## Properties

Glycemic Index:43.67, Glycemic Load:3.86, Inflammation Score:-6, Nutrition Score:11.526956475299%

## Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

## Nutrients (% of daily need)

Calories: 272.04kcal (13.6%), Fat: 19.46g (29.94%), Saturated Fat: 11.25g (70.31%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.59g (4.58%), Sugar: 4.11g (4.56%), Cholesterol: 59.13mg (19.71%), Sodium: 610.58mg (26.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin D: 6.98µg (46.55%), Selenium: 18.18µg (25.97%), Vitamin B12: 1.51µg (25.11%), Vitamin A: 921.67IU (18.43%), Phosphorus: 154.59mg (15.46%), Vitamin B2: 0.24mg (13.94%), Vitamin B3: 2.64mg (13.2%), Calcium: 108.01mg (10.8%), Vitamin B6: 0.17mg

(8.73%), Vitamin B1: 0.13mg (8.47%), Vitamin E: 1.21mg (8.05%), Vitamin C: 6.09mg (7.39%), Potassium: 253.96mg (7.26%), Vitamin B5: 0.72mg (7.2%), Manganese: 0.14mg (7.15%), Folate: 27.39µg (6.85%), Iron: 1.23mg (6.81%), Copper: 0.13mg (6.71%), Vitamin K: 6.98µg (6.65%), Magnesium: 23.32mg (5.83%), Zinc: 0.7mg (4.68%), Fiber: 0.97g (3.88%)