



## Leeky salmon in a parcel



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 fillet salmon
- ☐ 4 tbsp crème fraîche
- ☐ 1 tbsp tarragon fresh chopped
- ☐ 50 g petits pois frozen

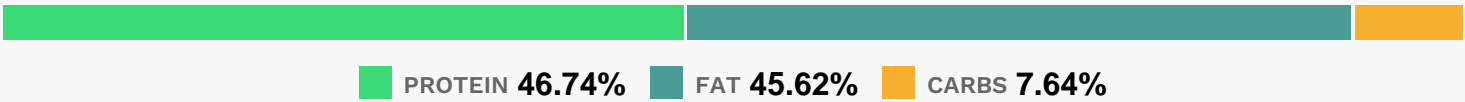
## Equipment

- ☐ microwave

# Directions

- ☐ Season the salmon fillets all over. Slice the leeks really thinly.
- ☐ Cut two 40cm square sheets of greaseproof paper and put a fillet in the middle of each sheet.
- ☐ Top each fillet with leeks and peas, and 2 tbsp of crme frache.
- ☐ Sprinkle with tarragon and salt and pepper.
- ☐ Make up parcels with the paper and stand them on a microwave-proof plate or tray. Microwave on full power for 5 minutes.
- ☐ Put the contents of the parcels on two plates and top each serving with a spoonful of crme frache.
- ☐ Serve with new potatoes.

## Nutrition Facts



## Properties

Glycemic Index:57.17, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:27.981739160807%

## Nutrients (% of daily need)

Calories: 316.25kcal (15.81%), Fat: 15.71g (24.17%), Saturated Fat: 4.15g (25.97%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 4.31g (1.57%), Sugar: 2.24g (2.48%), Cholesterol: 107.66mg (35.89%), Sodium: 84.98mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.43%), Vitamin B12: 5.46µg (90.94%), Selenium: 63.49µg (90.71%), Vitamin B6: 1.5mg (75.03%), Vitamin B3: 14.12mg (70.61%), Vitamin B2: 0.75mg (44.2%), Phosphorus: 392.75mg (39.28%), Vitamin B1: 0.46mg (30.77%), Vitamin B5: 2.94mg (29.35%), Potassium: 996.48mg (28.47%), Copper: 0.49mg (24.48%), Magnesium: 68.28mg (17.07%), Folate: 66.77µg (16.69%), Manganese: 0.32mg (16.18%), Iron: 2.52mg (14%), Vitamin C: 11.42mg (13.84%), Zinc: 1.57mg (10.47%), Vitamin A: 509.57IU (10.19%), Calcium: 78.23mg (7.82%), Fiber: 1.6g (6.41%), Vitamin K: 6.56µg (6.25%)