



Mediterranean salmon fillet



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 fillet salmon fillet whole organic trimmed well (farmed salmon is best)
- ☐ 9 sun-dried olives halved
- ☐ 18 olives black pitted
- ☐ 18 basil
- ☐ 3 tbsp olive oil

Equipment

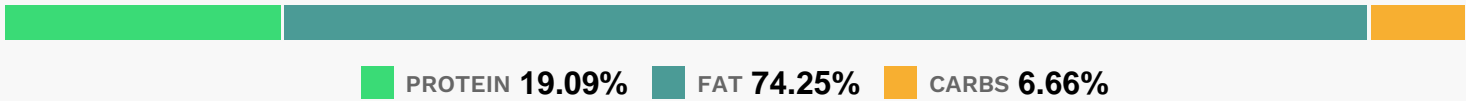
- ☐ oven
- ☐ baking pan

- ☐ aluminum foil
- ☐ apple corer

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Lay the salmon on a board and, using an apple corer, make 18 holes in rows of three in the salmon fillet, just going down to the skin, but not cutting all the way through.
- ☐ Take a piece of sun-dried tomato and an olive and, using a basil leaf as a wrapper, roll up into a tight little parcel. Each parcel should be just big enough to plug into one of the holes.
- ☐ As you roll each parcel, stuff them into the holes until they are all filled.
- ☐ Place the salmon fillet on a piece of greased foil on a baking tray, then season with salt and pepper and drizzle with the olive oil. Roast in the oven for 20 mins until just cooked.
- ☐ Remove from the oven and leave to cool until just warm, then carefully lift the salmon onto a serving dish and serve, or leave to cool completely (see Gordons tips, below).

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:6.0373913308849%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 127.53kcal (6.38%), Fat: 10.73g (16.51%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.38g (0.5%), Sugar: 1.2g (1.33%), Cholesterol: 15.58mg (5.19%), Sodium: 203.06mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Selenium: 10.62µg (15.17%), Vitamin B12: 0.9µg (15.02%), Vitamin B3: 2.54mg (12.69%), Vitamin B6: 0.25mg (12.37%), Vitamin K: 10.65µg (10.14%), Vitamin E: 1.48mg (9.83%), Vitamin B2: 0.12mg (7.3%), Potassium: 250.38mg (7.15%), Phosphorus: 68.5mg (6.85%), Copper: 0.13mg (6.62%), Vitamin B1: 0.08mg (5.52%), Vitamin B5: 0.54mg (5.39%), Magnesium: 16.12mg (4.03%), Manganese: 0.07mg (3.68%), Iron: 0.64mg (3.53%), Fiber: 0.78g (3.14%), Vitamin A: 148.01IU (2.96%), Folate: 10.3µg (2.57%), Zinc: 0.26mg (1.7%), Vitamin C: 1.39mg (1.69%), Calcium: 15.13mg (1.51%)