



HEALTH SCORE

65%

Paper Wrapped Anniversary Salmon



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple juice fresh good
- ☐ 0.5 cup black beans cooked
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 3 tablespoons gingerroot fresh grated
- ☐ 1 teaspoon garlic minced
- ☐ 4 cup long julienne strips leeks
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 cup long julienne strips mushrooms

- ☐ 4 pieces parchment paper heart-shaped
- ☐ 24 ounce fillets salmon fresh
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon scallions minced
- ☐ 4 cup long julienne strips squash yellow
- ☐ 4 ounces butter unsalted softened
- ☐ 1 teaspoon pepper white
- ☐ 4 cup long julienne strips zucchini

Equipment

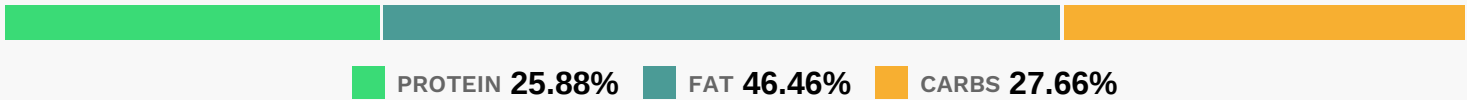
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Special equipment: 4 heart-shaped pieces parchment paper
- ☐ Preheat the oven to 350 degrees F.
- ☐ Spray the bottom of the parchment paper with nonstick spray. Season the salmon with salt and pepper and place on the right side of the paper.
- ☐ Combine the julienne vegetables and toss together. Season with salt, pepper, and 2 tablespoons soy sauce.
- ☐ Place an even amount of black beans and julienne vegetables on top of each fillet. Top with 2 slices of the chilled butter.
- ☐ Drizzle some white wine and soy sauce over and around fish.
- ☐ Sprinkle with ginger.

- ☐ Starting with the "point" of the paper heart, roll and crimp the edges until the fillets are totally encased and sealed in the "half-heart" shape.
- ☐ Place packages on a cookie sheet.
- ☐ Place pan in the center of the oven without a rack above it.
- ☐ Bake for 15 to 20 minutes, until the parchment has puffed and is light brown.
- ☐ Remove from oven and transfer to oval platters for serving.
- ☐ In a glass bowl, combine all ingredients for the butter.
- ☐ Mix well.
- ☐ Place butter on a piece of plastic wrap and roll the plastic to form into a 1/2-inch thick cylinder. Refrigerate the butter to set up, about 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:5.44, Inflammation Score:-10, Nutrition Score:54.820869145186%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 657.54kcal (32.88%), Fat: 35.14g (54.06%), Saturated Fat: 16.5g (103.15%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 38.47g (13.99%), Sugar: 12.37g (13.75%), Cholesterol: 154.59mg (51.53%), Sodium: 1661.35mg (72.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.05g (88.11%), Vitamin A: 17407.01IU (348.14%), Vitamin B6: 2.16mg (108.16%), Vitamin C: 87.61mg (106.2%), Selenium: 69.54µg (99.35%), Vitamin B12: 5.48µg (91.28%), Vitamin B3: 18.22mg (91.1%), Vitamin B2: 1.1mg (64.74%), Potassium: 2211.56mg (63.19%), Manganese: 1.23mg (61.49%), Phosphorus: 587.86mg (58.79%), Folate: 231.53µg (57.88%), Vitamin B1: 0.76mg (50.53%), Vitamin K: 52.05µg (49.57%), Vitamin B5: 4.73mg (47.34%), Copper: 0.94mg (47.11%), Magnesium: 185.67mg (46.42%), Fiber: 8.61g (34.44%), Iron: 5.87mg (32.59%), Vitamin E: 3.84mg (25.63%), Calcium: 188.95mg (18.89%), Zinc: 2.56mg (17.07%), Vitamin D: 0.52µg (3.47%)