



Salmon and Couscous Packets

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup couscous
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon orange zest
- ☐ 0.3 cup pistachios chopped
- ☐ 20 oz salmon fillet
- ☐ 4 servings salt
- ☐ 1 shallots finely chopped

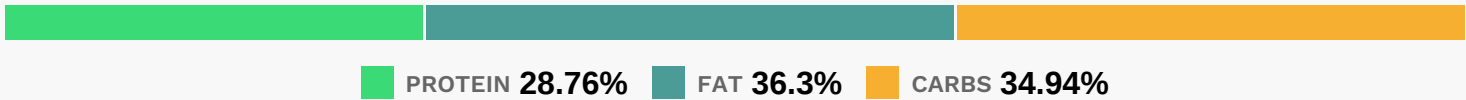
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Warm 1 Tbsp. olive oil in a small saucepan over medium heat.
- ☐ Add shallot and cook, stirring, until softened, about 3 minutes. Stir in couscous, orange zest, 1 1/2 cups water and 1/2 tsp. salt and bring to a boil. Cover, remove from heat, and let stand for 5 minutes. Fluff with a fork, stir in cranberries and pistachios, and season with more salt, if desired.
- ☐ Mist 4 large sheets of heavy-duty aluminum foil with cooking spray. Mound some couscous in middle of each sheet. Top each with a salmon fillet.
- ☐ Drizzle with remaining oil and sprinkle with salt. Fold edges of packets together tightly on top to seal.
- ☐ Place packets on a baking sheet and bake until salmon is cooked through, about 15 minutes. Carefully unfold packets to release steam, then serve.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:20.85, Inflammation Score:-4, Nutrition Score:25.301738832308%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 497.06kcal (24.85%), Fat: 19.84g (30.53%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 39.41g (14.33%), Sugar: 6.58g (7.31%), Cholesterol: 77.96mg (25.99%), Sodium: 261.84mg (11.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.75%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.4µg (74.86%), Vitamin B6: 1.36mg (68.13%), Vitamin B3: 12.81mg (64.03%), Phosphorus: 399.1mg (39.91%), Vitamin B2: 0.59mg (34.6%), Vitamin B1: 0.46mg (30.85%), Vitamin B5: 2.97mg (29.72%), Copper: 0.57mg (28.59%), Potassium: 870.38mg (24.87%), Manganese: 0.49mg (24.56%), Magnesium: 71.11mg (17.78%), Fiber: 3.58g (14.33%), Folate: 50.21µg (12.55%), Iron: 2.05mg (11.39%), Zinc: 1.47mg (9.79%), Vitamin E: 1.35mg (8.98%), Vitamin K: 4.84µg (4.61%), Calcium: 39.05mg (3.9%), Vitamin A: 89.9IU (1.8%), Vitamin C: 1.29mg (1.56%)