



Salmon and Mushroom Wellington with Cucumber Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 6 servings garnish: chives fresh
- ☐ 6 servings cucumber sauce
- ☐ 3 tablespoons vermouth dry
- ☐ 0.8 pound mushrooms fresh coarsely chopped
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon pepper divided freshly ground

- ☐ 10 ounce puff pastry shells frozen thawed
- ☐ 24 ounce salmon fillet
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup shallots chopped

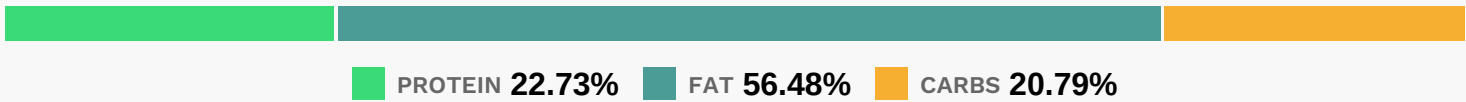
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Saute shallots in butter in a large skillet over medium-high heat 2 minutes; add mushrooms and garlic. Cook 5 minutes or until liquid evaporates.
- ☐ Add vermouth; cook until liquid evaporates.
- ☐ Remove from heat; stir in thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Sprinkle fillets with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook fillets in a nonstick skillet over high heat 2 minutes on each side.
- ☐ Roll each pastry shell into a 7-inch circle.
- ☐ Spread about 1/4 cup mushroom mixture in center of each circle. Top with fillets. Wrap pastry over each fillet, tucking edges under fillet and pinching to seal.
- ☐ Place, seam side down, on a rack in a broiler pan.
- ☐ Bake at 450 for 15 minutes or until golden.
- ☐ Serve with Cucumber Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:12.51, Inflammation Score:-8, Nutrition Score:24.382173869921%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 500.13kcal (25.01%), Fat: 31.1g (47.85%), Saturated Fat: 9.3g (58.15%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 23.98g (8.72%), Sugar: 2.3g (2.55%), Cholesterol: 77.42mg (25.81%), Sodium: 507.57mg (22.07%), Alcohol: 0.71g (100%), Alcohol %: 0.37% (100%), Protein: 28.17g (56.33%), Selenium: 58.45µg (83.5%), Vitamin B3: 12.98mg (64.9%), Vitamin B12: 3.64µg (60.68%), Vitamin B6: 1.05mg (52.39%), Vitamin B2: 0.8mg (47.23%), Vitamin B1: 0.5mg (33.34%), Phosphorus: 314.79mg (31.48%), Vitamin B5: 2.79mg (27.89%), Copper: 0.54mg (26.89%), Potassium: 814.05mg (23.26%), Folate: 79.95µg (19.99%), Manganese: 0.36mg (17.94%), Iron: 2.69mg (14.95%), Magnesium: 49.91mg (12.48%), Vitamin K: 10.67µg (10.16%), Zinc: 1.35mg (9%), Fiber: 1.78g (7.12%), Vitamin A: 298.08IU (5.96%), Vitamin C: 3.97mg (4.81%), Calcium: 31.85mg (3.18%), Vitamin E: 0.43mg (2.88%)