



WHATSheATE



Salmon Cannelloni with Lemon Cream Sauce

READY IN



60 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 ounce bottled clam juice
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 30 ounce salmon fillet wild (preferably ;)
- ☐ 1 teaspoon salt

- ☐ 1 shallots finely chopped
- ☐ 2 tablespoons butter unsalted softened
- ☐ 0.3 cup water

Equipment

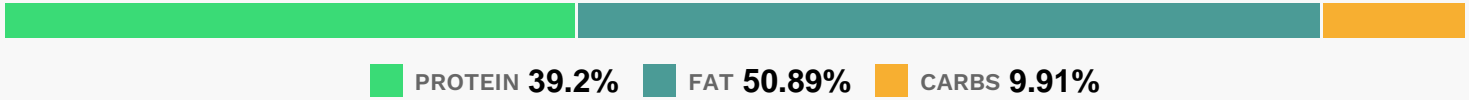
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Blend together eggs, water, flour, and salt in a blender until smooth.
- ☐ Transfer to a bowl and stir in tarragon.
- ☐ Lightly brush a 10-inch nonstick skillet with melted butter and heat over moderate heat until hot but not smoking. Ladle about 1/4 cup batter into skillet, tilting and rotating skillet to coat bottom, then pour excess batter back into bowl. (If batter sets before skillet is coated, reduce heat slightly for next crespella.) Cook until just set and underside is lightly browned, about 30 seconds, then invert crespella onto a clean kitchen towel in one layer to cool. (It will be cooked on one side only.) Make 5 more crespelle with remaining batter in same manner, brushing skillet with butter as needed and transferring to towel as cooked, arranging them in one layer.
- ☐ Heat butter in a 1- to 2-quart heavy saucepan over moderately low heat until foam subsides.
- ☐ Add flour and cook, whisking, 2 minutes.
- ☐ Add clam juice and water in a slow stream, whisking, then bring to a boil, whisking. Reduce heat and simmer, whisking occasionally, 5 minutes. Stir in cream, zest, and pepper, then remove from heat.

- ☐ Put oven rack in middle position and preheat oven to 425°F. Butter a 13- by 9-inch or other 3-quart glass or ceramic baking dish and spread half of sauce in dish.
- ☐ Stir together butter (2 tablespoons), shallot, salt, and pepper and spread 1 teaspoon on top of each fillet.
- ☐ Put 1 crespella, pale side down, on a work surface, then place 1 salmon fillet, buttered side down, in center of crespella and fold crespella around salmon, leaving ends open.
- ☐ Transfer to baking dish, arranging, seam side down, in sauce. Make 5 more cannelloni with remaining salmon and crespelle in same manner, arranging in baking dish. Spoon remaining sauce over cannelloni.
- ☐ Bake until salmon is just cooked through and sauce is bubbling, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:23.292173963526%

Nutrients (% of daily need)

Calories: 326.71kcal (16.34%), Fat: 18.13g (27.9%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 7.4g (2.69%), Sugar: 1.97g (2.19%), Cholesterol: 161.2mg (53.73%), Sodium: 615.64mg (26.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.43g (62.85%), Selenium: 58.31µg (83.3%), Vitamin B12: 4.69µg (78.18%), Vitamin B6: 1.26mg (62.99%), Vitamin B3: 11.51mg (57.57%), Vitamin B2: 0.67mg (39.37%), Phosphorus: 336.72mg (33.67%), Vitamin B5: 2.7mg (27.03%), Vitamin B1: 0.36mg (24.19%), Potassium: 816.93mg (23.34%), Copper: 0.4mg (19.98%), Folate: 56.13µg (14.03%), Magnesium: 51.78mg (12.95%), Iron: 2.06mg (11.45%), Vitamin A: 515.83IU (10.32%), Manganese: 0.18mg (9.21%), Zinc: 1.27mg (8.44%), Calcium: 54.5mg (5.45%), Vitamin C: 3.73mg (4.52%), Vitamin D: 0.56µg (3.75%), Vitamin E: 0.42mg (2.82%), Fiber: 0.55g (2.2%)