



HEALTH SCORE

69%

Salmon en Papillote with Dill-Yogurt Sauce



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber grated peeled seeded
- ☐ 0.3 cup mirin dry
- ☐ 2 teaspoons olive oil extra virgin
- ☐ 2 cups fennel bulb thinly sliced (1 medium)
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.1 teaspoon kosher salt

- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup leek thinly sliced (1 small)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce salmon

Equipment

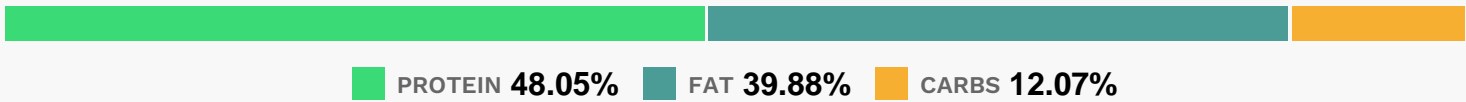
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven

Directions

- ☐ To prepare yogurt sauce, place grated cucumber on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 5 minutes, pressing down occasionally.
- ☐ Combine cucumber, yogurt, and next 3 ingredients (through garlic) in a small bowl. Stir in 1/4 teaspoon pepper and 1/8 teaspoon salt. Cover and refrigerate 1 hour.
- ☐ Preheat oven to 42
- ☐ Cut 4 (15 x 24-inch) pieces of parchment paper. Fold in half crosswise. Draw a large heart half on each piece, with the fold of the paper being the center of the heart.
- ☐ Cut out the heart, and open.
- ☐ Place about 1/2 cup fennel near fold of each piece of parchment. Top each serving with 2 tablespoons leek and 1/2 teaspoon oil.
- ☐ Sprinkle salmon evenly with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place 1 fillet on each serving.
- ☐ Drizzle 1 tablespoon vermouth over each serving. Starting at the top of the heart, fold edges of parchment, sealing edges with narrow folds. Twist the end tip to secure tightly.

- ☐ Place packets on a baking sheet.
- ☐ Bake at 425 for 15 minutes.
- ☐ Remove from oven, and let stand 5 minutes.
- ☐ Place on plates; cut open.
- ☐ Garnish with chopped fresh dill, if desired.
- ☐ Serve immediately with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.36, Inflammation Score:0, Nutrition Score:29.610869925955%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 323.96kcal (16.2%), Fat: 13.66g (21.02%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 7.53g (2.74%), Sugar: 5.64g (6.27%), Cholesterol: 96.31mg (32.1%), Sodium: 786.44mg (34.19%), Alcohol: 1.42g (100%), Alcohol %: 0.59% (100%), Protein: 37.03g (74.07%), Vitamin B12: 5.67µg (94.44%), Selenium: 64.08µg (91.55%), Vitamin B6: 1.47mg (73.65%), Vitamin B3: 13.76mg (68.8%), Vitamin B2: 0.77mg (45.14%), Phosphorus: 436.52mg (43.65%), Vitamin K: 35.66µg (33.96%), Potassium: 1171.61mg (33.47%), Vitamin B5: 3.27mg (32.67%), Vitamin B1: 0.42mg (28.13%), Copper: 0.49mg (24.57%), Magnesium: 70.48mg (17.62%), Folate: 69.24µg (17.31%), Calcium: 137.39mg (13.74%), Manganese: 0.23mg (11.59%), Iron: 2.05mg (11.38%), Zinc: 1.64mg (10.91%), Vitamin C: 8.08mg (9.8%), Vitamin A: 357.04IU (7.14%), Fiber: 1.77g (7.08%), Vitamin E: 0.67mg (4.45%)