



HEALTH SCORE

94%

Salmon Fillet en Papillote with Julienne Vegetable



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup carrots julienned
- ☐ 1 tablespoon vermouth dry
- ☐ 0.3 cup fennel bulb julienned
- ☐ 0.3 cup leeks white julienned
- ☐ 1 cranberry-orange relish with white, pithy membrane removed cut into wedges
- ☐ 8 ounce salmon fillet

- ☐ 1 teaspoon salt
- ☐ 0.3 cup snow peas julienned
- ☐ 0.1 teaspoon coriander seed whole fine

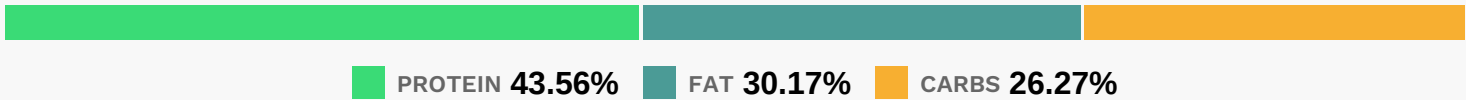
Equipment

- ☐ baking paper
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Take a 15 by 36-inch piece of parchment paper and fold in 1/2 like a book. Draw a large 1/2 heart on paper with fold of paper being the center of the heart.
- ☐ Cut out heart and open.
- ☐ Lay fennel, leeks, carrots, and snow peas on parchment in center to 1 side of fold.
- ☐ Mix together salt, pepper, and ground coriander.
- ☐ Sprinkle vegetables with 1/2 of salt, pepper, and coriander.
- ☐ Lay salmon on top of vegetables and season with remaining salt, pepper and coriander. Top with the orange wedges and sprinkle with vermouth. Fold other side of heart over fish and starting at top of heart shape, fold up both edges of parchment, overlapping folds as you move along. Once you reach the end tip, twist several times to secure tightly.
- ☐ Place on microwave safe plate and cook for 4 minutes, on high in microwave, or until fish reaches 131 degrees. Open parchment carefully and serve for a complete meal.

Nutrition Facts



Properties

Glycemic Index:198.33, Glycemic Load:8.34, Inflammation Score:-10, Nutrition Score:47.728695620661%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 455.29kcal (22.76%), Fat: 14.9g (22.93%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 22.41g (8.15%), Sugar: 17.88g (19.86%), Cholesterol: 124.74mg (41.58%), Sodium: 2477.17mg (107.7%), Alcohol: 1.42g (100%), Alcohol %: 0.35% (100%), Protein: 48.41g (96.82%), Vitamin A: 8403.22IU (168.06%), Selenium: 84.29µg (120.41%), Vitamin B12: 7.21µg (120.2%), Vitamin C: 98.9mg (119.88%), Vitamin B6: 2.13mg (106.42%), Vitamin B3: 19.12mg (95.62%), Vitamin B2: 0.98mg (57.91%), Phosphorus: 530.48mg (53.05%), Potassium: 1730.71mg (49.45%), Vitamin B1: 0.73mg (48.35%), Vitamin B5: 4.58mg (45.75%), Vitamin K: 46.36µg (44.16%), Copper: 0.73mg (36.66%), Folate: 144.68µg (36.17%), Fiber: 6.79g (27.16%), Magnesium: 106.38mg (26.6%), Manganese: 0.45mg (22.52%), Iron: 3.67mg (20.4%), Calcium: 143.78mg (14.38%), Zinc: 1.85mg (12.32%), Vitamin E: 1.09mg (7.26%)