

food
network



HEALTH SCORE

62%

Salmon Kulebyaka



Very Healthy

READY IN



85 min.

SERVINGS



2

CALORIES



2169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces butter
- ☐ 1 cup rice long grain cooked
- ☐ 1 tablespoon optional: dill chopped
- ☐ 1 eggs beaten
- ☐ 3 hardboiled eggs chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 onion minced
- ☐ 2 sheets puff pastry

- ☐ 1 pound salmon fillet
- ☐ 0.5 cup mushroom caps cooked

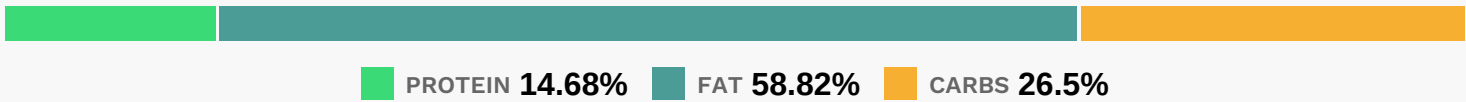
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F. Melt butter over low heat and saute onion until translucent.
- ☐ Mix in rice, mushrooms, dill, and lemon juice and let cool.
- ☐ Lay out puff pastry, place rice mixture over half of pastry and place salmon on top. Season with salt and pepper, and cover with eggs. Fold over pastry and seal with beaten egg.
- ☐ Crimp the edges of the kulebyaka.
- ☐ Brush with egg and poke a couple of holes in the pastry to let out steam.
- ☐ Bake for about 30 minutes until pastry is golden brown.
- ☐ Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:144.5, Glycemic Load:85.65, Inflammation Score:-9, Nutrition Score:56.354347602181%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Nutrients (% of daily need)

Calories: 2168.62kcal (108.43%), Fat: 141.34g (217.44%), Saturated Fat: 43.65g (272.8%), Carbohydrates: 143.27g (47.76%), Net Carbohydrates: 136.9g (49.78%), Sugar: 6.66g (7.4%), Cholesterol: 547.28mg (182.43%), Sodium:

1024.64mg (44.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.36g (158.72%), Selenium: 181.64µg (259.48%), Vitamin B3: 30.69mg (153.47%), Vitamin B12: 8.29µg (138.14%), Vitamin B2: 2.2mg (129.39%), Vitamin B6: 2.34mg (117.22%), Vitamin B1: 1.6mg (106.59%), Manganese: 1.83mg (91.74%), Phosphorus: 893.89mg (89.39%), Folate: 313.95µg (78.49%), Vitamin B5: 6.42mg (64.25%), Iron: 9.89mg (54.97%), Copper: 1.03mg (51.48%), Potassium: 1681.33mg (48.04%), Vitamin K: 41.94µg (39.94%), Magnesium: 142.52mg (35.63%), Zinc: 4.91mg (32.77%), Vitamin A: 1327.41IU (26.55%), Fiber: 6.37g (25.46%), Vitamin E: 3.04mg (20.25%), Vitamin D: 2.32µg (15.44%), Calcium: 130.89mg (13.09%), Vitamin C: 7.14mg (8.66%)