



Salmon noodle wraps



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g rice
- ☐ 2 spring onion sliced
- ☐ 85 g pepper flakes for the recipe well (See 'Goes with' below)
- ☐ 300 g salmon fillet
- ☐ 50 g peas fresh

Equipment

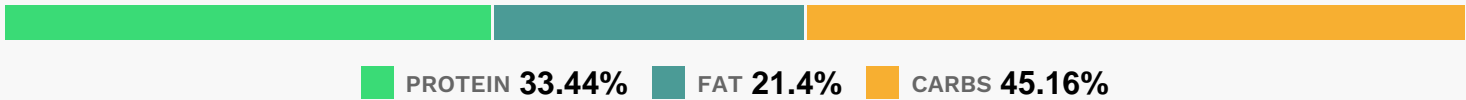
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Put the noodles in a bowl and pour over enough boiling water to just cover them. Leave for 2 mins, until they are bendable, but not too soft, then drain well. Return to the bowl with the spring onions, petit pois, salt and pepper and a third of the butter.
- ☐ Mix well until the butter has melted.
- ☐ Pile the noodles and vegetables onto two large squares of baking parchment, then sit the salmon on top. Slice the remaining butter and arrange over the top of the salmon. Bring the ends of the paper over the fish, fold them together to seal, then tuck the ends of the paper underneath so there are no gaps.
- ☐ Put the parcels on a baking sheet and bake for 15–20 mins.
- ☐ Transfer to dinner plates and serve without delay.

Nutrition Facts



Properties

Glycemic Index:91.26, Glycemic Load:26.61, Inflammation Score:-8, Nutrition Score:34.043912970501%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 436.59kcal (21.83%), Fat: 10.15g (15.62%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 45.18g (16.43%), Sugar: 4.01g (4.46%), Cholesterol: 82.5mg (27.5%), Sodium: 75.5mg (3.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.69g (71.39%), Selenium: 63.03µg (90.05%), Vitamin C: 73.33mg (88.88%), Vitamin B12: 4.77µg (79.5%), Vitamin B6: 1.57mg (78.68%), Vitamin B3: 13.7mg (68.52%), Phosphorus: 407.21mg (40.72%), Vitamin B2: 0.67mg (39.63%), Manganese: 0.77mg (38.46%), Vitamin K: 37.04µg (35.28%), Vitamin B1: 0.48mg (31.85%), Vitamin B5: 3.12mg (31.23%), Copper: 0.59mg (29.69%), Potassium: 1023.47mg (29.24%), Magnesium: 76.43mg (19.11%), Folate: 75.21µg (18.8%), Vitamin A: 775.49IU (15.51%), Iron: 2.58mg (14.35%), Zinc: 1.97mg (13.15%), Fiber: 3.02g (12.1%), Calcium: 52.84mg (5.28%), Vitamin E: 0.45mg (2.98%)