



Salmon Wellington

READY IN



45 min.

SERVINGS



4

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter diced chilled (1 stick)
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 eggs beaten to blend (for glaze)
- ☐ 4 tablespoons tarragon fresh chopped
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 4.8 inch thick 6-ounce salmon fillets skinless
- ☐ 6 tablespoons shallots minced
- ☐ 0.5 cup citrus champagne vinegar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425°F.
- ☐ Roll out each pastry sheet on lightly floured surface to 12-inch square.
- ☐ Cut each in half, forming four 12x6-inch rectangles.
- ☐ Place 1 salmon fillet in center of each rectangle, about 3 inches in from and parallel to 1 short edge.
- ☐ Sprinkle each fillet with salt, pepper, 1 tablespoon shallots and 1 tablespoon tarragon.
- ☐ Brush edges of rectangles with some glaze. Fold long sides of pastry over fillets. Fold short edge of pastry over fillets and roll up pastry, enclosing fillets. Seal edges of pastry.
- ☐ Place pastries, seam side down, on baking sheet.
- ☐ Brush with glaze.
- ☐ Bake pastries until dough is golden brown, about 20 minutes.
- ☐ Remove from oven; let stand 10 minutes. Meanwhile, boil wine, vinegar and 2 tablespoons shallots in heavy small saucepan until liquid is reduced to 6 tablespoons, about 8 minutes.
- ☐ Remove pan from heat.
- ☐ Add butter 1 piece at a time, whisking until melted before adding next piece.
- ☐ Whisk in 2 teaspoons tarragon. Season sauce with salt and pepper.
- ☐ Cut pastries into thirds.
- ☐ Place sauce and pastries on 4 plates.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:32.77, Inflammation Score:-8, Nutrition Score:19.007826203885%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 960.78kcal (48.04%), Fat: 71.49g (109.98%), Saturated Fat: 26.92g (168.23%), Carbohydrates: 62.29g (20.76%), Net Carbohydrates: 59.45g (21.62%), Sugar: 2.43g (2.7%), Cholesterol: 103.59mg (34.53%), Sodium: 514.73mg (22.38%), Alcohol: 3.09g (100%), Alcohol %: 1.59% (100%), Protein: 13.18g (26.36%), Manganese: 1.25mg (62.61%), Selenium: 34.95µg (49.93%), Vitamin B1: 0.53mg (35.25%), Iron: 6.02mg (33.43%), Folate: 126.99µg (31.75%), Vitamin B2: 0.52mg (30.56%), Vitamin B3: 6.06mg (30.28%), Vitamin A: 1065.52IU (21.31%), Vitamin K: 22µg (20.95%), Vitamin B6: 0.31mg (15.27%), Phosphorus: 146.89mg (14.69%), Magnesium: 54.02mg (13.5%), Potassium: 406.01mg (11.6%), Calcium: 115.37mg (11.54%), Fiber: 2.84g (11.35%), Copper: 0.22mg (11%), Vitamin E: 1.44mg (9.61%), Zinc: 1.21mg (8.1%), Vitamin C: 4.85mg (5.88%), Vitamin B12: 0.24µg (4.03%), Vitamin B5: 0.31mg (3.07%), Vitamin D: 0.22µg (1.47%)