



 **76%**
HEALTH SCORE

Salmon Wellingtons with Basil Tapenade

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet anchovy
- 0.3 cup firmly basil leaves fresh packed
- 2 tablespoons capers drained
- 1 teaspoon dijon mustard
- 1 large garlic clove
- 0.5 cup kalamata olives pitted
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon rind grated

- 0.5 cup olive oil extra-virgin divided
- 12 sheets phyllo pastry frozen thawed
- 24 ounce salmon fillet skinless

Equipment

- food processor
- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Process 1/4 cup olive oil and next 8 ingredients in a food processor until minced. Set aside.
- Place 1 sheet of phyllo on work surface (keep remaining phyllo covered with a damp towel).
- Brush phyllo sheet with olive oil. Repeat procedure with 2 more phyllo sheets.
- Place 1 salmon fillet lengthwise, parallel to 1 long side of pastry, 1 1/2 inches from edge of phyllo. Spoon about 1 rounded tablespoon tapenade down length of fillet. Fold long 1 1/2-inch edge of pastry over fillet. Fold short sides of pastry over fish.
- Roll up fillet, creating a rectangular packet.
- Place packet on a lightly greased baking sheet. Repeat procedure with remaining phyllo, olive oil, and fish, using additional tapenade (store remaining tapenade, covered, in refrigerator up to 1 week).
- Bake at 400 for 15 minutes or until phyllo is brown.
- Shortcut Savvy: The olive-based tapenade can be made in less than 10 minutes and kept in the fridge for days. You can also substitute a commercial condiment such as sun-dried-tomato pesto, basil pesto, or black-olive pesto. Crisp phyllo dough adds elegant panache to baked fish, but for a quick and lower-fat option, simply wrap the fish in foil or parchment paper, and bake 15 minutes. The foil will keep the fish moist, but if the purchased tapenade or pesto is oily enough, you can bake unwrapped for 10 to 15 minutes or until done.

Nutrition Facts



■ PROTEIN 32.04% ■ FAT 41.76% ■ CARBS 26.2%

Properties

Glycemic Index:42.5, Glycemic Load:11.07, Inflammation Score:-6, Nutrition Score:30.04608691257%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 491.23kcal (24.56%), Fat: 22.38g (34.44%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 29.62g (10.77%), Sugar: 0.38g (0.42%), Cholesterol: 94.75mg (31.58%), Sodium: 740.39mg (32.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.29%), Selenium: 76.84µg (109.78%), Vitamin B12: 5.42µg (90.36%), Vitamin B3: 16.07mg (80.36%), Vitamin B6: 1.43mg (71.67%), Vitamin B2: 0.86mg (50.4%), Vitamin B1: 0.7mg (46.94%), Phosphorus: 391.26mg (39.13%), Vitamin B5: 3.04mg (30.4%), Copper: 0.53mg (26.64%), Potassium: 906.83mg (25.91%), Folate: 96.3µg (24.08%), Iron: 3.53mg (19.59%), Manganese: 0.34mg (16.92%), Magnesium: 64mg (16%), Vitamin K: 12.15µg (11.58%), Vitamin E: 1.54mg (10.25%), Zinc: 1.46mg (9.7%), Fiber: 1.98g (7.91%), Calcium: 46.42mg (4.64%), Vitamin A: 221.68IU (4.43%), Vitamin C: 3.42mg (4.15%)