



## Salmon with Crab and Vegetables in a Foil Packet



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 piece banana leaves frozen (12 by 18 in.) (optional; see notes)
- ☐ 6 ounces crabmeat shelled cooked
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons wine dry white
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons thyme sprigs dried fresh minced
- ☐ 0.3 cup mayonnaise

- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons oregano dried fresh minced
- ☐ 8 servings bell pepper
- ☐ 8 oz bell pepper red
- ☐ 2.5 lb salmon fillet whole
- ☐ 0.3 teaspoon salt
- ☐ 2 baby squash yellow (8 oz. total)

## Equipment

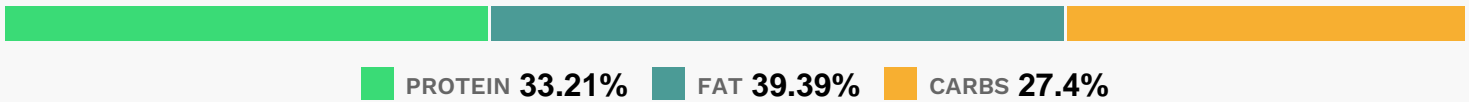
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Center an 18- by 28-inch piece of foil (or overlap two 12-inch-wide pieces) in a 14- by 17-inch baking pan. Rinse banana leaf and pat dry; center lengthwise on foil. Rinse fish and pat dry; rub your fingers over the flesh to find any bones, pull out with tweezers, and discard. Center fillet lengthwise, skin down, on leaf.
- ☐ Mix the cilantro, thyme, and oregano. In a bowl, mix half the herb mixture with crab, mayonnaise, and mustard.
- ☐ Spread evenly over salmon. Rinse and dry bowl.
- ☐ Rinse squash and bell pepper. Trim and discard stems from squash; stem and seed pepper.
- ☐ Cut vegetables into matchstick-size strips (about 3 in. long). Put vegetables, wine, olive oil, 1/4 teaspoon salt, and rest of herbs in bowl and mix to coat.
- ☐ Spread vegetable mixture over crab layer. Bring long sides of foil together over fish, wrapping banana leaf partially around fish, then fold in ends to seal.

- ☐
- Bake in a 450 regular or convection oven until fish reaches 140 in center of thickest part (insert thermometer through foil and vegetable and crab layers to test), 20 to 25 minutes.
- ☐
- Transfer packet to a platter and unwrap to serve; or, if desired, with two wide spatulas, carefully transfer leaf and fish from foil to platter.
- ☐
- Add salt and pepper to taste.
- ☐
- Cut fish into portions; slip a spatula between skin and fillet and lift off portions, leaving skin behind.

## Nutrition Facts



## Properties

Glycemic Index:30.38, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:44.266086790549%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 417.75kcal (20.89%), Fat: 18.53g (28.51%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 22.63g (8.23%), Sugar: 8.63g (9.59%), Cholesterol: 102.51mg (34.17%), Sodium: 367.43mg (15.98%), Alcohol: 0.58g (100%), Alcohol %: 0.15% (100%), Protein: 35.15g (70.3%), Vitamin A: 23259.7IU (465.19%), Vitamin C: 172.59mg (209.2%), Selenium: 63.42µg (90.6%), Vitamin B6: 1.79mg (89.7%), Vitamin B12: 5.23µg (87.11%), Vitamin B3: 15.04mg (75.22%), Potassium: 1648.29mg (47.09%), Phosphorus: 430.23mg (43.02%), Vitamin B2: 0.69mg (40.8%), Vitamin B1: 0.58mg (38.52%), Vitamin B5: 3.68mg (36.84%), Folate: 146.5µg (36.63%), Vitamin E: 5.38mg (35.88%), Copper: 0.69mg (34.55%), Magnesium: 129.5mg (32.37%), Manganese: 0.59mg (29.48%), Vitamin K: 27.08µg (25.8%), Fiber: 6.36g (25.43%), Iron: 3.37mg (18.74%), Zinc: 2.32mg (15.49%), Calcium: 147.35mg (14.73%)