



Salmon Wrapped in Cabbage with Chives and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 ounce bottled clam juice



4 teaspoons chives fresh chopped



4 cups cabbage green thinly sliced



1 cup low-salt chicken broth



1 tablespoon butter



4 large cabbage leaves green



0.8 cup onion thinly sliced

- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce salmon fillet ()
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes coarsely chopped

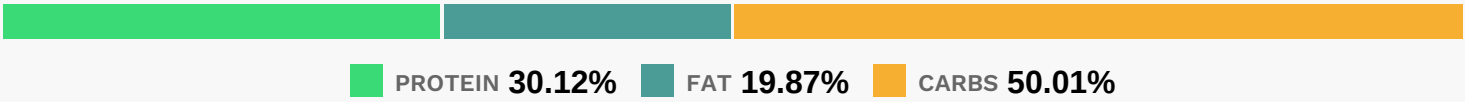
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Bring water to a boil in a medium saucepan.
- ☐ Add cabbage leaves; cook 30 seconds.
- ☐ Remove from water; set aside.
- ☐ Melt margarine in a large nonstick skillet over medium-high heat.
- ☐ Add sliced cabbage and onion; saut 5 minutes. Stir in the broth and clam juice; cook over medium-high heat 15 minutes or until liquid evaporates.
- ☐ Place 1 salmon fillet in center of each cabbage leaf.
- ☐ Sprinkle fillets with salt and pepper. Top each fillet with 1/4 cup broth mixture. Fold cabbage leaves over fillets.
- ☐ Place wrapped salmon, seam sides down, in an 11 x 7-inch baking dish.
- ☐ Cover baking dish with foil.
- ☐ Bake at 400 for 25 minutes or until fish flakes easily when tested with a fork.
- ☐ Arrange wrapped salmon on a platter.
- ☐ Sprinkle chopped tomato and chives over salmon.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:20.16, Inflammation Score:-10, Nutrition Score:66.318260897761%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg

Nutrients (% of daily need)

Calories: 652.18kcal (32.61%), Fat: 15.5g (23.85%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 87.77g (29.26%), Net Carbohydrates: 53.58g (19.48%), Sugar: 46.4g (51.56%), Cholesterol: 93.55mg (31.18%), Sodium: 716.5mg (31.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.87g (105.75%), Vitamin K: 1007.08µg (959.12%), Vitamin C: 493.13mg (597.74%), Vitamin B6: 3.13mg (156.7%), Folate: 626.19µg (156.55%), Fiber: 34.19g (136.76%), Manganese: 2.26mg (112.77%), Selenium: 66.43µg (94.9%), Potassium: 3313.48mg (94.67%), Vitamin B12: 5.49µg (91.48%), Vitamin B3: 17.66mg (88.29%), Vitamin B1: 1.23mg (81.94%), Phosphorus: 726.03mg (72.6%), Vitamin B2: 1.22mg (71.52%), Vitamin B5: 5.75mg (57.5%), Calcium: 567.75mg (56.77%), Magnesium: 218.75mg (54.69%), Iron: 7.96mg (44.21%), Vitamin A: 1924.46IU (38.49%), Copper: 0.76mg (37.96%), Zinc: 3.69mg (24.58%), Vitamin E: 2.36mg (15.72%)