



Smoked Salmon Napoleons

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baby spinach washed and dried
- ☐ 3 teaspoons capers
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 3 tablespoons olive oil
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 3 teaspoons onion diced red
- ☐ 6 servings pepper black freshly ground
- ☐ 1.5 pounds salmon smoked

☐ 1 tablespoon citrus champagne vinegar

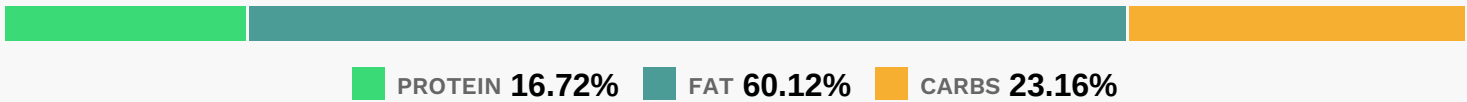
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. Line two baking sheets with parchment paper.
- ☐ Place one sheet of puff pastry on each baking sheet. Dock pastry sheet about 20 times with fork.
- ☐ Bake until golden, about 20 minutes (check after 5 minutes to ensure pastry is not puffing too much—dock with fork as necessary).
- ☐ Let cool.
- ☐ Cut each pastry into 6 equal rectangles.
- ☐ Place 6 cooked pastry rectangles on a work surface. Top each with smoked salmon. Top each with 1/4 cup baby spinach.
- ☐ Sprinkle each with 1/2 tsp diced onion and 1/2 tsp capers.
- ☐ In a small bowl, whisk together olive oil and vinegar. Season with salt and pepper.
- ☐ Drizzle dressing 1 teaspoon of dressing over each open napoleon.
- ☐ Sprinkle each napoleon with dill. Top with remaining puff pastry rectangles.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:20.03, Inflammation Score:-7, Nutrition Score:25.646956505983%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 648.06kcal (32.4%), Fat: 43.08g (66.28%), Saturated Fat: 9.91g (61.94%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 35.89g (13.05%), Sugar: 0.68g (0.76%), Cholesterol: 26.08mg (8.69%), Sodium: 1126.63mg (48.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.92%), Vitamin D: 19.39µg (129.27%), Selenium: 56.62µg (80.88%), Vitamin B12: 3.7µg (61.61%), Vitamin K: 54.13µg (51.55%), Vitamin B3: 8.82mg (44.12%), Manganese: 0.5mg (25.11%), Phosphorus: 239.48mg (23.95%), Vitamin B1: 0.36mg (23.87%), Vitamin B2: 0.36mg (21.3%), Vitamin E: 3.14mg (20.95%), Folate: 81.11µg (20.28%), Iron: 3.34mg (18.57%), Copper: 0.37mg (18.48%), Vitamin B6: 0.35mg (17.44%), Vitamin A: 809.84IU (16.2%), Magnesium: 40.15mg (10.04%), Vitamin B5: 0.99mg (9.95%), Potassium: 294.88mg (8.43%), Fiber: 1.47g (5.87%), Zinc: 0.83mg (5.55%), Calcium: 29.5mg (2.95%), Vitamin C: 2.29mg (2.78%)