



Spinach Stuffed Roast Salmon

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce baby spinach dried washed
- ☐ 1 large eggs
- ☐ 6 ounce feta crumbled
- ☐ 1 clove garlic minced peeled
- ☐ 3 pinch kosher salt & pepper black divided
- ☐ 2 tablespoon olive oil as needed plus more for drizzling
- ☐ 2 tablespoon parmesan cheese grated
- ☐ 4 ounce ricotta cheese drained
- ☐ 0.5 cup seasoned bread crumbs fine

☐ 1 cup tarragon leaves whole

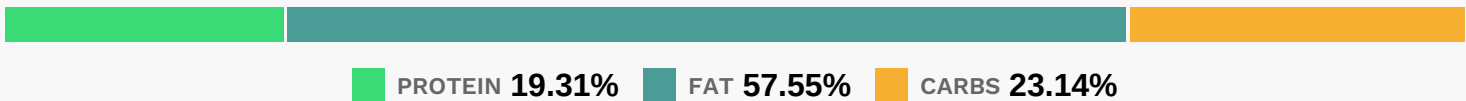
Equipment

- ☐ bowl
- ☐ oven
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Lay one salmon fillet on a cutting board. Slice it through the center lengthwise, so that it lays open flat in one large piece like a book. Do not cut all the way through. Season the inside with a pinch each salt and pepper. Repeat with the second fillet. Leave the fillets laying open. In a medium-sized bowl mix the ricotta, garlic, egg, bread crumbs, pinch of salt, pinch of pepper and a drizzle of olive oil into a thick uniform paste.
- ☐ Spread about ¼ of this mixture onto the inside surface each butterflied fillet.
- ☐ Sprinkle about half the crumbled feta over the ricotta mixture.
- ☐ Lay 12 or 15 spinach leaves flat on top of each filled fillet, followed by 8 or 10 whole tarragon leaves. Close the top flap of the fillets over the filling.
- ☐ Spread half of the remaining ricotta mixture onto the tops of each fillet, topping each with 12 or 15 more spinach leaves, and a few more tarragon leaves. Tie the bundles closed with kitchen twine.
- ☐ Drizzle each with 1 tablespoon olive oil, and season with a pinch each of salt and pepper.
- ☐ Sprinkle with 1 tablespoon Parmesan on top each fillet.
- ☐ Bake 20 minutes in the oven, let rest 5 minutes before untying and cutting each fillet into 3 portions. Divide the remaining spinach between 6 plates. Top with a portion of salmon.
- ☐ Serve warm or at room temperature with a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:3.18, Inflammation Score:-9, Nutrition Score:22.573043387869%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 238.84kcal (11.94%), Fat: 15.75g (24.23%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 12.5g (4.55%), Sugar: 0.78g (0.87%), Cholesterol: 67.42mg (22.47%), Sodium: 560.88mg (24.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Vitamin K: 145.12µg (138.21%), Vitamin A: 3297.83IU (65.96%), Manganese: 1.05mg (52.56%), Calcium: 342.33mg (34.23%), Vitamin B2: 0.53mg (31.14%), Folate: 105.56µg (26.39%), Iron: 4.45mg (24.72%), Vitamin B6: 0.43mg (21.36%), Phosphorus: 211.43mg (21.14%), Selenium: 13.33µg (19.05%), Magnesium: 65.67mg (16.42%), Vitamin C: 12.64mg (15.32%), Potassium: 492.03mg (14.06%), Vitamin B1: 0.19mg (12.7%), Zinc: 1.85mg (12.31%), Vitamin B12: 0.68µg (11.25%), Vitamin E: 1.44mg (9.61%), Vitamin B3: 1.89mg (9.47%), Fiber: 1.75g (7.01%), Copper: 0.14mg (7%), Vitamin B5: 0.53mg (5.31%), Vitamin D: 0.33µg (2.17%)