



# Salmon in Parchment

**Number of Servings:** 1

**Calories Per Serving:** 487

**PCF Ratio:** 29-28-44

Single Serving Comment: This makes one serving, but is easy to multiply

## Cooking Instructions

Ingredients:

1/2 cup cooked Spaghetti

1/4 cup raw Zucchini

140g Atlantic Salmon

2 small raw Carrots

3 Spears Asparagus

1 tbsp Olive Oil

(serves 1)

You will need cooking parchment paper for this recipe.

Heat oven to 400 degrees Fahrenheit

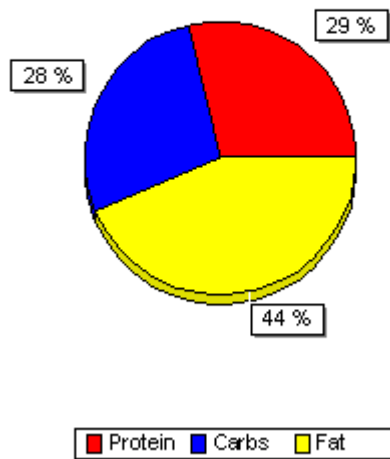
Cook thin spaghetti until just done (al dente), drain, toss with a bit of olive oil, salt and chopped fresh dill (use parsley if dill is not available).

Prepare a garnish of fresh vegetables: carrot and zucchini matchsticks, asparagus tips. Rinse salmon fillet, cut in individual portions and pat dry.

For each person, place a serving of pasta on a sheet of parchment, top with a salmon fillet, add the vegetables and twist the corners of the parchment together to seal into a pouch.

Place the pouches in the middle of the hot oven and bake for

29-28-44 Ratio



## Nutrition Information

Serving Size: This makes one serving, but is easy

Servings: 1

Amount Per Serving

**Calories** 490    **Calories from Fat** 210

% Daily Value\*

**Total Fat** 24g    **36%**

Saturated Fat 4g    **17%**

**Cholesterol** 80mg    **26%**

**Sodium** 230mg    **9%**

**Total Carbohydrate** 34g    **11%**

Dietary Fiber 5g    **21%**

Sugars 5 g

**Protein** 35 g

Vitamin A 350%    Vitamin C 40%

Calcium 8%    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet

### Salmon in Parchment (continued)

10 minutes. Serve immediately in the sealed pouches, opening them just before eating.

(Parchment-wrapped food turns into taut packages as steam inflates the sealed pouches. (Be careful when slitting them open to avoid being burned.) The results are a delicate mix of textures and aromas that's sure to please).

### Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
SPAGHETTI PASTA, COOKED, ENRICHED W/SALT		1/2 cup	70	109.9	4.1	21.4	.4				
ZUCCHINI W/SKIN, RAW	Summer squash, chopped	1/4 cup	31	5	.4	1	.5	.2	.3		
SALMON, ATLANTIC, WILD, RAW		5 oz	142	201.2	28.1						
CARROT, RAW	small (5 1/2" long)	2 small	100	41	.9	9.6	4.5	.6	.6		3.6
ASPARAGUS, FROZEN	unprep	3 spears	44	10.4	1.4	1.8					
OLIVE OIL	salad or cooking	1 tbsp	14	119.3							
Recipe Total:			400	486.8	34.9	33.8	5.5	.8	.8		3.6
Single Serving Total:			400	486.8	34.9	33.8	5.5	.8	.8		3.6

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
SPAGHETTI PASTA, COOKED, ENRICHED W/SALT			1.3	.7	.1	.0	.2					.2	.1	1.2
ZUCCHINI W/SKIN, RAW			.3	.1	.0	.0				3.1	62	.0	.0	.2
SALMON, ATLANTIC, WILD, RAW				9	1.4	2.5	.6	77.9		17	56.7	.3	.5	11.1
CARROT, RAW			2.8	.2	.0		.1			841	16811	.1	.1	1
ASPARAGUS, FROZEN			.8	.1	.0		.0			20.4	412.4	.1	.1	.5
OLIVE OIL				13.5	1.9	.1	1.3							

**Salmon in Parchment (continued)**

Recipe Total:			5.2	23.5	3.4	2.6	2.3	77.9		881.5	17342	.6	.8	14
Single Serving Total:			5.2	23.5	3.4	2.6	2.3	77.9		881.5	17342	.6	.8	14

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-A (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
SPAGHETTI PASTA, COOKED, ENRICHED W/SALT	.1	.0	51.1	4.9	46.2	83.3					.0		4.9	12.6
ZUCCHINI W/SKIN, RAW	.0	.1	9	9		9			5.3		.0		4.7	5.3
SALMON, ATLANTIC, WILD. RAW	2.4	1.2	35.4	35.4		35.4	4.5						17	41.1
CARROT, RAW	.3	.1	19	19		19			5.9		.7		33	12
ASPARAGUS, FROZEN	.1	.0	83.1	83.1		83.1			13.8				10.9	6.1
OLIVE OIL											1.9		.1	
Recipe Total:	2.8	1.4	197.6	151.4	46.2	229.8	4.5		25		2.7		70.6	77
Single Serving Total:	2.8	1.4	197.6	151.4	46.2	229.8	4.5		25		2.7		70.6	77

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
SPAGHETTI PASTA, COOKED, ENRICHED W/SALT	40.6	31.5	89.6			.1			.9	.2		18.5	.3
ZUCCHINI W/SKIN, RAW	11.8	81.2	3.1			.0			.1	.1		.1	.1
SALMON, ATLANTIC, WILD. RAW	283.3	694.2	62.3			.4			1.1	.0		51.7	.9
CARROT, RAW	35	320	69			.0			.3	.1		.1	.2
ASPARAGUS, FROZEN	27.8	110.1	3.5			.1			.3	.1		.7	.3
OLIVE OIL		.1	.3						.1				
Recipe Total:	398.6	1237.1	227.8			.5			2.9	.5		71.1	1.8
Single Serving Total:	398.6	1237.1	227.8			.5			2.9	.5		71.1	1.8