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Salmon en Papillote ^{••}

Salmon en Papillote is a classic French dish where salmon is cooked in parchment paper. It is a healthy and flavorful way to prepare salmon, as the fish steams in its own juices along with herbs and vegetables. The result is a moist and tender salmon fillet with a delicate and aromatic flavor.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

300 g	salmon fillet
2 slices	Lemon
4 sprigs	fresh dill
100 g	Cherry Tomatoes

2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut two large pieces of parchment paper, approximately 16x12 inches each.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Plating

Place a salmon fillet in the center of each parchment paper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Seasoning

Season the salmon with salt and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Drizzling

Drizzle each salmon fillet with 1 tablespoon of olive oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Top each salmon fillet with 2 lemon slices, 2 sprigs of dill, and 50 grams of cherry tomatoes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Cooking

Fold the parchment paper over the salmon and seal the edges by folding and crimping tightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Baking

Place the parchment packets on a baking sheet and bake in the preheated oven for 20 minutes.

Prep Time: 0 mins

Cook Time: 20 mins

Step 9

Plating

Carefully open the parchment packets and transfer the salmon to plates.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve the salmon en papillote immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 30 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Side Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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