



Butterflied Salmon with Mustard Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



20

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons tarragon dried
- 1 cup vermouth dry
- 6 tablespoons mustard coarse-grain
- 0.5 cup onion finely chopped
- 1 salmon (6 to 7 lb. total)
- 20 servings salt
- 2 tablespoons sugar

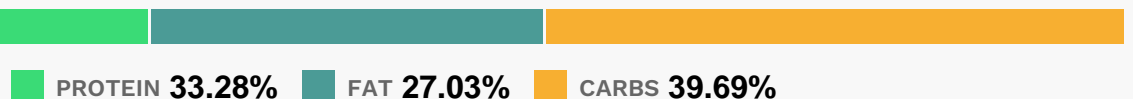
Equipment

- frying pan
- baking sheet
- grill
- aluminum foil
- spatula

Directions

- In a 10- to 12-inch frying pan, combine onion, vermouth, mustard, tarragon, and sugar. Stirring often, boil over high heat until reduced to 3/4 cup, 5 to 8 minutes.
- Rinse salmon and pat dry.
- Lay fish open, skin down, on a sheet of foil (about 12 by 17 in.). Trim foil to fit salmon.
- Spread onion mixture over top of salmon.
- If using charcoal briquets, mound and ignite 60 briquets on the firegrate of a barbecue with a lid. When briquets are dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate.
- Add 5 more briquets to each mound of coals now and every 30 minutes while cooking. Set a drip pan on firegrate between coals. If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners for indirect cooking (no heat down center) and keep on high unless recipe specifies otherwise. Set barbecue grill in place. Set foil with salmon on grill but not over heat.
- Cover grill (open vents for charcoal). Cook until fish is opaque but moist-looking in thickest part (cut to test), 30 to 40 minutes.
- Slide a rimless baking sheet under salmon and foil, then slide fish onto a large flat platter or board.
- Cut salmon and lift portions from skin with a wide spatula. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:1.7121739232022%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 31.23kcal (1.56%), Fat: 0.71g (1.1%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.43g (1.59%), Cholesterol: 4.68mg (1.56%), Sodium: 247.33mg (10.75%), Alcohol: 1.14g (100%), Alcohol %: 4.68% (100%), Protein: 1.98g (3.95%), Selenium: 4.67µg (6.67%), Vitamin B12: 0.27µg (4.51%), Vitamin B6: 0.08mg (4.11%), Vitamin B3: 0.72mg (3.58%), Phosphorus: 23.65mg (2.36%), Vitamin B2: 0.04mg (2.31%), Manganese: 0.04mg (2.09%), Vitamin B1: 0.03mg (2%), Potassium: 60.34mg (1.72%), Vitamin B5: 0.16mg (1.6%), Magnesium: 5.72mg (1.43%), Copper: 0.03mg (1.39%), Iron: 0.21mg (1.19%), Fiber: 0.28g (1.11%)