



## Paupiette de Saumon au Crabe

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 0.8 cup surimi crab sticks shelled cooked
- 2 cups vermouth dry
- 6 oz leek
- 1 pound boned salmon fillet with skin (7 to 8 in. wide)
- 4 servings salt and pepper
- 0.5 cup whipping cream

### Equipment

- bowl
- frying pan
- oven
- knife
- plastic wrap
- aluminum foil
- slotted spoon

## Directions

- Trim and discard stem end and tough green top from leek; cut leek in half lengthwise and hold each half under cold running water, separating layers to rinse well, then thinly slice. In a 10- to 12-inch ovenproof nonstick frying pan over medium heat, melt 1 tablespoon butter.
- Add leek and stir often until limp, about 5 minutes.
- Transfer to a bowl.
- Sort through crab and discard any bits of shell.
- Add remaining 2 tablespoons butter to pan; when melted, add crab and stir often just until hot, 1 to 2 minutes. Push to one side of pan.
- Meanwhile, rinse salmon and pat dry. Holding a sharp knife at a 45 angle, cut flesh crosswise off the skin into 1/8- to 1/4-inch-thick slices; you should have about 12 (see notes). One at a time, lay slices flat and spoon about 1 tablespoon warm crab onto wide end. Starting at that end, roll salmon tightly around crab and place, seam down, in frying pan.
- Pour vermouth around rolls.
- Transfer pan with salmon rolls to a 450 regular or convection oven and bake until fish is opaque but still moist-looking in center of thickest part (cut to test), 12 to 15 minutes. With a slotted spoon, transfer salmon rolls to plates, cover loosely with foil or plastic wrap, and let stand in a warm place.
- Add cream and reserved leek to pan and boil over high heat until liquid is slightly thickened and reduced to about 1 1/3 cups, 8 to 9 minutes. Season to taste with salt and pepper. Spoon sauce equally around salmon rolls and garnish with chives and lemon wedges if desired.

## Nutrition Facts



■ PROTEIN 28.61% ■ FAT 60.05% ■ CARBS 11.34%

## Properties

Glycemic Index:20.5, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:24.17391285689%

## Flavonoids

Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 480.41kcal (24.02%), Fat: 26.76g (41.17%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.61g (3.86%), Sugar: 2.53g (2.81%), Cholesterol: 143.11mg (47.7%), Sodium: 470.25mg (20.45%), Alcohol: 11.4g (100%), Alcohol %: 4.22% (100%), Protein: 28.69g (57.37%), Selenium: 53.67µg (76.68%), Vitamin B12: 4.51µg (75.24%), Vitamin B6: 1.08mg (53.84%), Vitamin B3: 9.8mg (49.01%), Phosphorus: 320.69mg (32.07%), Vitamin B2: 0.53mg (30.98%), Vitamin A: 1454.47IU (29.09%), Copper: 0.54mg (27.2%), Vitamin B5: 2.29mg (22.86%), Potassium: 728.58mg (20.82%), Vitamin K: 21.75µg (20.71%), Vitamin B1: 0.29mg (19.61%), Folate: 69.98µg (17.49%), Magnesium: 56.2mg (14.05%), Zinc: 1.82mg (12.15%), Manganese: 0.24mg (12.11%), Iron: 1.96mg (10.89%), Vitamin E: 1.37mg (9.16%), Calcium: 84.01mg (8.4%), Vitamin C: 6.12mg (7.41%), Vitamin D: 0.48µg (3.17%), Fiber: 0.77g (3.06%)