



## Potato Encrusted Stuffed Salmon with Lemon White Wine Sauce

READY IN



30 min.

SERVINGS



2

CALORIES



929 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 1 tablespoon cajun spice
- 0.3 cup chicken stock see
- 3 tablespoons flour all-purpose
- 0.5 tablespoon chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 tablespoon goat cheese
- 1 tablespoon juice of lemon

- 1 tablespoon mascarpone cheese
- 1 tablespoon parmigiano regiano grated
- 2 russet potatoes
- 10 ounces salmon fillet
- 2 servings salt and pepper black freshly ground
- 0.3 cup mushroom caps
- 0.3 cup vegetable oil
- 0.3 cup white wine

## Equipment

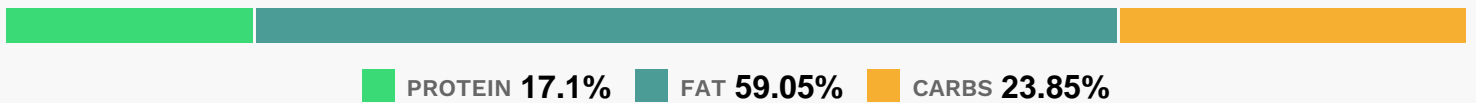
- bowl
- frying pan
- sauce pan
- oven
- knife
- plastic wrap
- aluminum foil
- mandoline

## Directions

- Sprinkle the salmon with some of the Cajun spice.
- Cut a lengthwise slit in the side of the salmon.
- In a bowl, combine the goat cheese, mascarpone, Parmesan 1/2 tablespoon parsley and chives. Stuff the salmon with the cheese mixture.
- Using a sharp knife or mandoline, cut 1 potato into thin slices and sprinkle with salt and pepper. Using a piece of plastic wrap, lay out half the potato slices flat and place a salmon piece in the middle. Pull the plastic up over the salmon to wrap it in the potatoes like a crust. Repeat with the remaining potatoes and salmon.
- Preheat the oven to 375 degrees F.
- Heat an ovenproof skillet over high heat and add the oil.

- Sprinkle the salmon with salt and pepper and place in the hot skillet. Cook until the potato crust is brown and crispy. Cover the skillet with foil and transfer to oven to the cook for a few more minutes to medium-well. For the sauce, melt the butter in a saucepan and add the flour, stirring to combine.
- Add the chicken stock, wine, lemon juice, the remaining 1/2 tablespoon parsley and a generous pinch of Cajun seasoning. Simmer until thickened.
- Pan fry the mushrooms in a little oil until golden.
- Spoon some sauce on the bottom of each plate and place a salmon fillet on top.
- Garnish with the mushrooms.

## Nutrition Facts



### Properties

Glycemic Index:203.88, Glycemic Load:37.28, Inflammation Score:-9, Nutrition Score:42.418695843738%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

### Nutrients (% of daily need)

Calories: 928.51kcal (46.43%), Fat: 60.2g (92.62%), Saturated Fat: 20.16g (125.97%), Carbohydrates: 54.7g (18.23%), Net Carbohydrates: 49.33g (17.94%), Sugar: 3.84g (4.27%), Cholesterol: 136.73mg (45.58%), Sodium: 343.92mg (14.95%), Alcohol: 3.09g (100%), Alcohol %: 0.71% (100%), Protein: 39.22g (78.45%), Vitamin B6: 2.15mg (107.55%), Vitamin K: 93.19µg (88.75%), Selenium: 60.67µg (86.67%), Vitamin B3: 16.57mg (82.86%), Vitamin B12: 4.59µg (76.44%), Vitamin A: 2707.67IU (54.15%), Potassium: 1883.93mg (53.83%), Phosphorus: 524.83mg (52.48%), Vitamin B2: 0.87mg (51.41%), Vitamin B1: 0.63mg (41.81%), Vitamin B5: 3.82mg (38.19%), Copper: 0.75mg (37.5%), Manganese: 0.64mg (31.92%), Magnesium: 115.51mg (28.88%), Iron: 4.86mg (27.01%), Vitamin E: 3.82mg (25.48%), Folate: 101.75µg (25.44%), Vitamin C: 18.25mg (22.12%), Fiber: 5.37g (21.47%), Zinc: 2.42mg (16.12%), Calcium: 118.34mg (11.83%), Vitamin D: 0.19µg (1.27%)