



Salmon and Potato Napoleons

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chives chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 ounces green beans rinsed
- ☐ 2 teaspoons olive oil
- ☐ 4 servings potato galettes crisp
- ☐ 4 oz roma tomato diced cored rinsed
- ☐ 4 servings salt and pepper

- ☐ 6 tablespoons cup heavy whipping cream sour
- ☐ 14.5 oz vegetable broth canned
- ☐ 8 ounces zucchini rinsed ends trimmed
- ☐ 1.3 lb boned

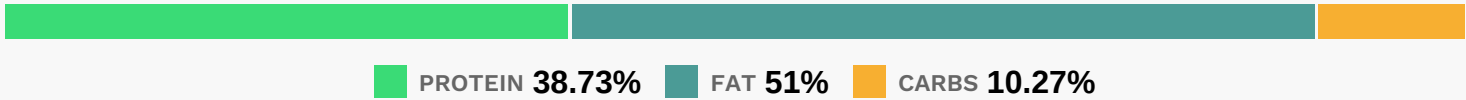
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Rinse salmon and cut across fillet into 1/2-inch-thick slices. Rub with olive oil.
- ☐ Lay pieces slightly apart in a lightly oiled 10- by 15-inch baking pan and sprinkle with salt and pepper.
- ☐ Cut zucchini into sticks 1/2 inch thick and 3 inches long. In a 10- to 12-inch frying pan over high heat, bring broth to a boil.
- ☐ Add zucchini and beans; stir occasionally until barely tender when pierced, 1 to 2 minutes. With a slotted spoon, transfer vegetables to a plate.
- ☐ Add wine to broth and boil over high heat until sauce is reduced to 1/2 cup, 8 to 10 minutes.
- ☐ Add butter, cooked vegetables, and tomato and stir gently until hot, about 1 minute; keep warm.
- ☐ Meanwhile, broil salmon about 3 inches from heat until opaque but still moist-looking in center of thickest part (cut to test), about 4 minutes.
- ☐ Working quickly, lay a hot galette piece on each of four warmed dinner plates. Arrange half the salmon equally on galettes; lay another galette piece on each. Top each equally with remaining salmon, then remaining galette piece and any fragments. Spoon vegetables and sauce around napoleons. Top each with a dollop of sour cream and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:84.44, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:26.059130336927%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 333.96kcal (16.7%), Fat: 17.62g (27.11%), Saturated Fat: 5.35g (33.47%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.89g (5.43%), Cholesterol: 96.11mg (32.04%), Sodium: 704.59mg (30.63%), Alcohol: 3.09g (100%), Alcohol %: 0.95% (100%), Protein: 30.11g (60.22%), Vitamin B12: 4.55µg (75.86%), Selenium: 52.76µg (75.38%), Vitamin B6: 1.34mg (67.05%), Vitamin B3: 11.84mg (59.2%), Vitamin B2: 0.66mg (39.05%), Phosphorus: 343.54mg (34.35%), Potassium: 1020.68mg (29.16%), Vitamin B5: 2.65mg (26.47%), Vitamin B1: 0.39mg (25.75%), Vitamin C: 18.29mg (22.17%), Copper: 0.43mg (21.38%), Vitamin A: 1053.03IU (21.06%), Vitamin K: 20.32µg (19.36%), Magnesium: 66.94mg (16.73%), Folate: 65.08µg (16.27%), Manganese: 0.26mg (12.92%), Iron: 1.84mg (10.22%), Zinc: 1.31mg (8.74%), Fiber: 1.71g (6.85%), Calcium: 62.08mg (6.21%), Vitamin E: 0.78mg (5.18%)