



Salmon Steaks with Red-Wine Butter

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup full-bodied wine such as côtes du Rhône dry red
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon orange zest fresh finely grated
- ☐ 4 salmon steaks 1-inch-thick () (each)
- ☐ 1 teaspoon salt

- ☐ 0.3 cup shallots finely chopped (3 to 4)
- ☐ 1 teaspoon tomato paste
- ☐ 1 turkish or
- ☐ 0.5 cup butter unsalted softened

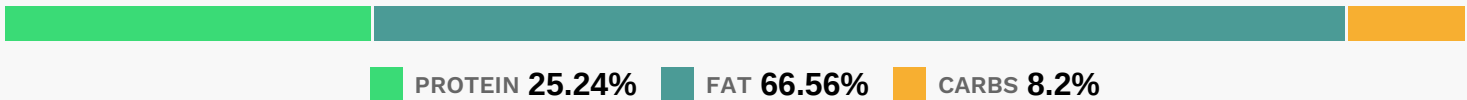
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula
- ☐ broiler pan

Directions

- ☐ Combine wine, shallots, juice, vinegar, tomato paste, and bay leaf in a 1- to 2-quart heavy saucepan and boil over moderately high heat until mixture is thick and jamlike and reduced to about 1/3 cup, about 20 minutes. Discard bay leaf.
- ☐ Transfer mixture to a small bowl set in a bowl of ice and cold water and stir until cold to the touch, about 5 minutes.
- ☐ Remove from ice water and stir in zest, butter, 1/4 teaspoon salt, and 1/8 teaspoon pepper with a rubber spatula until incorporated.
- ☐ Preheat broiler. Line rack of a broiler pan with foil.
- ☐ Pat fish dry, then brush both sides with oil (2 tablespoons total) and sprinkle with remaining 3/4 teaspoon salt and 1/8 teaspoon pepper. Broil fish about 5 inches from heat, turning over once, until just cooked through, 8 to 10 minutes total.
- ☐ Top each steak with 1 to 2 tablespoons red-wine butter.
- ☐ Leftover red-wine butter can be chilled, covered, up to 3 days or frozen up to 2 weeks

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:4.16, Inflammation Score:-8, Nutrition Score:28.241304801858%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 602.01kcal (30.1%), Fat: 40.89g (62.91%), Saturated Fat: 17.22g (107.65%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 10.5g (3.82%), Sugar: 7.11g (7.9%), Cholesterol: 154.51mg (51.5%), Sodium: 680.07mg (29.57%), Alcohol: 6.36g (100%), Alcohol %: 2.4% (100%), Protein: 34.89g (69.77%), Vitamin B12: 5.45µg (90.9%), Selenium: 62.81µg (89.73%), Vitamin B6: 1.51mg (75.55%), Vitamin B3: 13.72mg (68.62%), Vitamin B2: 0.69mg (40.62%), Phosphorus: 382.31mg (38.23%), Potassium: 1079.96mg (30.86%), Vitamin B5: 3mg (30%), Vitamin B1: 0.43mg (28.67%), Copper: 0.48mg (23.97%), Vitamin C: 18.1mg (21.94%), Vitamin A: 868.28IU (17.37%), Magnesium: 67.53mg (16.88%), Folate: 60.35µg (15.09%), Iron: 2.17mg (12.06%), Vitamin E: 1.75mg (11.69%), Manganese: 0.21mg (10.72%), Zinc: 1.32mg (8.8%), Vitamin K: 7µg (6.67%), Calcium: 49.56mg (4.96%), Fiber: 0.85g (3.38%), Vitamin D: 0.43µg (2.84%)