



## Salmon with Beurre Rouge and Smoked-Salmon-Stuffed Baked Potato

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup cooking wine dry red
- ☐ 4 servings chives fresh chopped
- ☐ 4 tablespoons green onion tops divided chopped
- ☐ 4 servings cracked peppercorns black
- ☐ 0.5 teaspoon red wine vinegar
- ☐ 28 ounce salmon fillet skinless cut lengthwise into 2 strips
- ☐ 4 servings sea salt fine

- ☐ 0.3 cup shallots minced
- ☐ 4 ounces salmon smoked chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 10 tablespoons butter unsalted chilled divided ()
- ☐ 0.3 cup water
- ☐ 2 tablespoons milk whole
- ☐ 16 ounce yukon gold potatoes

## Equipment

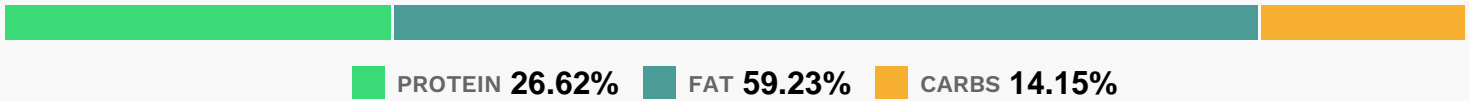
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave

## Directions

- ☐ Bring wine, shallots, and vinegar to boil in heavy small saucepan. Reduce heat to low and simmer until liquid is reduced to 2 tablespoons, about 5 minutes.
- ☐ Remove pan from heat and cover.
- ☐ Do ahead: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 40°F.
- ☐ Place each potato on separate sheet of foil, sprinkle with sea salt, and wrap tightly.
- ☐ Bake until tender, about 1 hour.
- ☐ Remove foil; cool to just warm, about 20 minutes.
- ☐ Cut lengthwise in half. Scoop flesh into medium microwave-safe bowl, leaving 1/4-inch-thick potato shell.

- ☐ Add 2 tablespoons butter and milk to potatoes in bowl; mash well. Stir in sour cream and 3 tablespoons green onion tops. Season to taste with salt and pepper.
- ☐ Do ahead: Can be made 2 hours ahead. Loosely cover shells and filling separately and let stand at room temperature.
- ☐ Rewarm potato shells, then filling, in microwave at 20-second intervals until heated through. Stir smoked salmon into filling; season with sea salt and pepper. Mound filling in shells.
- ☐ Place 1/4 cup water and salmon fillets in heavy large skillet; sprinkle with salt and pepper. Cover; steam over medium-high heat until salmon is just opaque in center, about 3 minutes.
- ☐ Meanwhile, rewarm wine-shallot reduction over medium-low heat.
- ☐ Add remaining 8 tablespoons butter, 1 tablespoon at a time, whisking until each is melted before adding next; continue whisking until beurre rouge is thick (do not overheat or sauce may separate). Season with salt and pepper.
- ☐ Spoon sauce onto 4 plates.
- ☐ Place potatoes on 1 side; sprinkle with remaining green onions. Arrange 2 salmon strips atop sauce on each plate; sprinkle with peppercorns and chives.

## Nutrition Facts



## Properties

Glycemic Index:65.19, Glycemic Load:15.46, Inflammation Score:-8, Nutrition Score:39.329565048218%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 755.05kcal (37.75%), Fat: 48.18g (74.12%), Saturated Fat: 23.28g (145.51%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 22.5g (8.18%), Sugar: 3.58g (3.97%), Cholesterol: 208.78mg (69.59%), Sodium: 529.54mg

(23.02%), Alcohol: 3.15g (100%), Alcohol %: 0.83% (100%), Protein: 48.73g (97.45%), Vitamin B12: 7.4µg (123.25%), Selenium: 83.79µg (119.7%), Vitamin B6: 2.11mg (105.65%), Vitamin B3: 18.26mg (91.3%), Phosphorus: 559.15mg (55.92%), Vitamin B2: 0.9mg (52.96%), Potassium: 1637.48mg (46.79%), Vitamin B5: 4.11mg (41.12%), Vitamin B1: 0.57mg (38.1%), Copper: 0.73mg (36.5%), Vitamin D: 5.46µg (36.37%), Vitamin C: 25.49mg (30.9%), Vitamin A: 1281.63IU (25.63%), Magnesium: 99.82mg (24.96%), Vitamin K: 21.39µg (20.37%), Folate: 81.18µg (20.3%), Manganese: 0.4mg (19.99%), Iron: 3.12mg (17.36%), Fiber: 3.4g (13.61%), Zinc: 1.95mg (12.97%), Calcium: 102.94mg (10.29%), Vitamin E: 1.37mg (9.14%)