



Salmon with Red-Wine Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter cut into pieces
- 1 tablespoon cooking oil
- 4 servings fresh-ground pepper black
- 0.5 cup red wine
- 4 salmon steaks (2 pounds in all)
- 4 servings salt
- 2 scallions green chopped

Equipment

- frying pan
- paper towels
- oven
- whisk
- roasting pan

Directions

- Heat the oven to 450°F.
- Put the oil in a small stainless-steel, enameled, or nonstick roasting pan and heat in the oven for 5 minutes. Season the fish with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Put the fish in the hot pan; cook in the oven until just done, about 8 minutes.
- Remove the fish from the pan and transfer to paper towels to drain.
- Pour off any oil remaining in the pan.
- Put the pan over moderate heat and add the wine and the chopped scallion bulbs. Bring to a boil, scraping the bottom of the pan to dislodge any brown bits. Cook until the wine is reduced to approximately 3 tablespoons, 1 to 2 minutes.
- Reduce the heat to low and whisk in the butter. Season the sauce with a pinch each of salt and pepper.
- Put the fish on plates, browned-side up.
- Sprinkle the scallion greens over the top. Spoon the sauce around the fish.
- Fish Alternatives: Firm tuna steaks would taste delicious with the red-wine sauce. Milder fish steaks to use include halibut and cod.
- Variation: Salmon with Horseradish Cream Sauce: Roast the fish as described in step 1 but serve the roasted salmon with the horseradish cream from Crab Cakes with Horseradish Cream, (step 1), instead of with the red-wine sauce.
- Wine Recommendation: Pinot noir is a classic wine match with salmon. Look for a recent vintage from either California or Oregon and chill it for fifteen minutes before serving.

Nutrition Facts

 PROTEIN 39.23%  FAT 59.28%  CARBS 1.49%

Properties

Glycemic Index:32.25, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:24.9473913908%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 375.3kcal (18.76%), Fat: 22.81g (35.09%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.33g (0.37%), Cholesterol: 116.07mg (38.69%), Sodium: 338.29mg (14.71%), Alcohol: 3.18g (100%), Alcohol %: 1.83% (100%), Protein: 33.96g (67.92%), Vitamin B12: 5.42µg (90.4%), Selenium: 62.26µg (88.94%), Vitamin B6: 1.41mg (70.6%), Vitamin B3: 13.47mg (67.33%), Vitamin B2: 0.66mg (39.05%), Phosphorus: 351.8mg (35.18%), Vitamin B5: 2.86mg (28.55%), Vitamin B1: 0.39mg (25.98%), Potassium: 891.55mg (25.47%), Copper: 0.43mg (21.74%), Vitamin K: 15.93µg (15.18%), Magnesium: 54.49mg (13.62%), Folate: 46.97µg (11.74%), Iron: 1.6mg (8.89%), Vitamin A: 391.36IU (7.83%), Zinc: 1.16mg (7.76%), Vitamin E: 0.89mg (5.93%), Manganese: 0.09mg (4.48%), Calcium: 30.2mg (3.02%), Vitamin C: 1.13mg (1.37%)