

Baked Salmon Steaks Almondine

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

4 salmon steaks, one-inch thick
2 cups water
1/4 cup vinegar
1 small onion, sliced
salt (to taste)
pepper (to taste)
1 lemon, sliced thin
1/4 cup slivered almonds, toasted
1/4 cup whole white raisins
2 egg yolks
1 tablespoon parsley, chopped

Preheat the oven to 350 degrees.

Place the steaks in a greased shallow casserole. Mix the water and vinegar and add to the casserole. Add the onion.

Season with salt and pepper. Cover. Bake for 30 minutes.

Drain off the liquid from the casserole, reserving one cup in a small saucepan.

Add the lemon, almonds and raisins to the casserole dish. Cover again. Bake for 5 minutes more.

In a bowl, beat the egg yolks well. Stir into the reserved liquid. Cook over low heat until it begins to thicken, stirring constantly. Season to taste. Pour over the casserole. Sprinkle with parsley. Serve.

Per Serving (excluding unknown items): 296 Calories; 13g Fat (40.2% calories from fat); 38g Protein; 7g Carbohydrate; 1g Dietary Fiber; 195mg Cholesterol; 124mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	296	Vitamin B6 (mg):	.4mg
% Calories from Fat:	40.2%	Vitamin B12 (mcg):	5.4mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	.4mg

% Calories from Protein: 50.8%
Total Fat (g): 13g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 6g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 195mg
Carbohydrate (g): 7g
Dietary Fiber (g): 1g
Protein (g): 38g
Sodium (mg): 124mg
Potassium (mg): 710mg
Calcium (mg): 70mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 415IU
Vitamin A (r.e.): 113 1/2RE

Riboflavin B2 (mg): .4mg
Folacin (mcg): 31mcg
Niacin (mg): 9mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 5
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 296 **Calories from Fat:** 119

% Daily Values*

Total Fat 13g	20%
Saturated Fat 2g	11%
Cholesterol 195mg	65%
Sodium 124mg	5%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	5%
Protein 38g	
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Vitamin A	8%
Vitamin C	18%
Calcium	7%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.