

Baked Stuffed Salmon

*Chico Hot Springs Lodge - Pray, MT
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*1 yellow onion, diced
clarified butter
2 tablespoons Italian seasonings
2 eggs
1 pound Dungeness crab
fresh parsley, chopped
bread crumbs
4 eight to ten ounce salmon fillets*

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Preheat the oven to 400 degrees.

In a skillet, saute' the onions in the butter and Italian seasonings until the onions are translucent. Remove from the heat and let cool.

Add the eggs, crabmeat, parsley and enough bread crumbs to absorb the moisture.

Make a slice lengthwise through the middle of each fillet all the way through the flesh to the skin, being careful not to butterfly the meat.

Fill each cavity with stuffing. Squeeze lemon over each piece of fish.

Bake for 10 to 12 minutes until just done.

Serve with Hollandaise Sauce.

Per Serving (excluding unknown items): 342 Calories; 9g Fat (26.1% calories from fat); 57g Protein; 3g Carbohydrate; trace Dietary Fiber; 261mg Cholesterol; 485mg Sodium. Exchanges: 8 Lean Meat; 1/2 Vegetable; 0 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	342	Vitamin B6 (mg):	.6mg
% Calories from Fat:	26.1%	Vitamin B12 (mcg):	15.6mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	69.8%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	9g	Folacin (mcg):	74mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 261mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 57g
Sodium (mg): 485mg
Potassium (mg): 1028mg
Calcium (mg): 93mg
Iron (mg): 2mg
Zinc (mg): 6mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 425IU
Vitamin A (r.e.): 125RE

Niacin (mg): 12mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 8
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 342 **Calories from Fat:** 89

% Daily Values*

Total Fat	9g	15%
Saturated Fat	2g	9%
Cholesterol	261mg	87%
Sodium	485mg	20%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	57g	
Vitamin A		8%
Vitamin C		10%
Calcium		9%
Iron		12%

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