

Baked Canned Salmon

*Louise Rousseau Brunner
Casserole Treasury (1964)*

Servings: 4

*1 can (16 ounce) salmon
1 tablespoon butter or margarine
1 small onion, chopped fine
1/2 medium green pepper, chopped
1 can cream of mushroom soup
1/4 cup milk
1/2 cup coarse bread crumbs
1 tablespoon Parmesan cheese, grated*

Preheat the oven to 400 degrees.

In a small skillet, heat the butter. Lightly saute' the onion and green pepper.

Add the soup and milk. Blend well. Heat almost to the boiling point.

Drain the can of salmon. Remove the skin and bones. Break into good sized chunks. Place in a small greased casserole.

Pour the soup mixture over the salmon. Cover with bread crumbs. Sprinkle with Parmesan cheese.

Bake for 20 minutes.

Per Serving (excluding unknown items): 112 Calories; 7g Fat (54.6% calories from fat); 6g Protein; 6g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 333mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Seafood

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 112 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 54.6% | Vitamin B12 (mcg): | .7mcg |
| % Calories from Carbohydrates: | 22.9% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 22.5% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 7g | Folacin (mcg): | 12mcg |
| Saturated Fat (g): | 3g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 2g | Caffeine (mg): | 0mg |

| | |
|--------------------------|-------|
| Polyunsaturated Fat (g): | 2g |
| Cholesterol (mg): | 22mg |
| Carbohydrate (g): | 6g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 6g |
| Sodium (mg): | 333mg |
| Potassium (mg): | 189mg |
| Calcium (mg): | 57mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | 15mg |
| Vitamin A (i.u.): | 255IU |
| Vitamin A (r.e.): | 52RE |

| | |
|-----------------|----|
| Alcohol (kcal): | 0 |
| % Daily Value* | 0% |

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

| | | |
|-----------------|-----|-----------------------|
| Calories | 112 | Calories from Fat: 61 |
|-----------------|-----|-----------------------|

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 7g | 10% |
| Saturated Fat | 3g | 15% |
| Cholesterol | 22mg | 7% |
| Sodium | 333mg | 14% |
| Total Carbohydrates | 6g | 2% |
| Dietary Fiber | 1g | 4% |
| Protein | 6g | |
| Vitamin A | | 5% |
| Vitamin C | | 26% |
| Calcium | | 6% |
| Iron | | 2% |

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