

Baked Salmon Steaks

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

3 pounds salmon steaks, cut one-inch thick

1/4 pound mushrooms, minced

1 medium onion, minced

2 tablespoons parsley, minced

1/4 cup butter or margarine

1/2 cup dry sherry

1/3 cup fine bread crumbs

Preheat the oven to 350 degrees.

Place the steaks in a well-greased shallow casserole.

In a bowl, mix the mushrooms, onion and parsley. Spread over the fish.

Cut the butter into bits and dot over the top.

Pour the sherry into the casserole.

Bake for 15 minutes.

Spread the crumbs over the fish.

Continue baking for another 10 or 15 minutes or until the fish flakes easily. Baste two or three times during the baking.

This is a French Canadian method of preparing fresh salmon.

Per Serving (excluding unknown items): 366 Calories; 16g Fat (41.8% calories from fat); 46g Protein; 3g Carbohydrate; 1g Dietary Fiber; 139mg Cholesterol; 234mg Sodium. Exchanges: 6 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	366
% Calories from Fat:	41.8%
% Calories from Carbohydrates:	3.3%
% Calories from Protein:	54.8%
Total Fat (g):	16g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	6.8mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	19mcg

Saturated Fat (g): 6g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 139mg
Carbohydrate (g): 3g
Dietary Fiber (g): 1g
Protein (g): 46g
Sodium (mg): 234mg
Potassium (mg): 850mg
Calcium (mg): 39mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 622IU
Vitamin A (r.e.): 157 1/2RE

Niacin (mg): 12mg
Caffeine (mg): 0mg
Alcohol (kcal): 23
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 366 **Calories from Fat:** 153

% Daily Values*

Total Fat	16g	24%
Saturated Fat	6g	30%
Cholesterol	139mg	46%
Sodium	234mg	10%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	2%
Protein	46g	
Vitamin A		12%
Vitamin C		6%
Calcium		4%
Iron		12%

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