



Atlantic Smoked Salmon with Johnnycakes and Caviar

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup johnnycake cornmeal
- 1 large eggs lightly beaten
- 1.3 cups milk
- 18 parsley sprigs fresh italian
- 0.5 teaspoon salt
- 1 pound salmon smoked thinly sliced
- 2 tablespoons vegetable oil

3.5 ounce lumpfish black

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Equipment

frying pan

Directions

Combine first 4 ingredients, stirring just until dry ingredients are moistened; stir in oil.

Let batter stand 20 minutes.

Pour 1 1/2 tablespoons batter for each johnnycake onto a hot, lightly greased griddle.

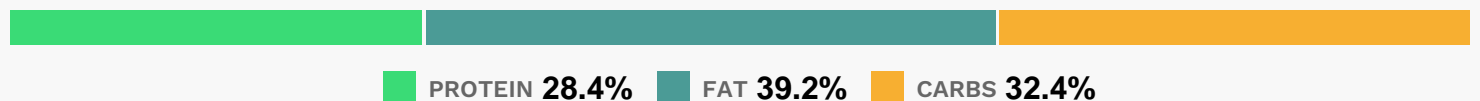
Cook johnnycakes until tops are covered with bubbles and edges look cooked; turn and cook on the other side. Keep warm.

Top johnnycakes evenly with sliced salmon, black caviar, and a sprig of parsley.

Serve with crme frache, if desired.

NOTE: Johnnycake cornmeal can be ordered from Kenyon Corn Meal Company, in Usquepaugh, Rhode Island. Call 800-753-6966 or 401-783-4054, or look up kenyongristmill.com

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:4.15, Inflammation Score:-2, Nutrition Score:6.4717391470204%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 91.26kcal (4.56%), Fat: 3.93g (6.05%), Saturated Fat: 0.96g (6%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.45g (2.35%), Sugar: 0.97g (1.08%), Cholesterol: 18.16mg (6.05%), Sodium: 273.46mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin D: 4.55µg (30.34%), Vitamin K: 19.28µg

(18.36%), Vitamin B12: 0.94µg (15.63%), Selenium: 9.87µg (14.1%), Phosphorus: 84.4mg (8.44%), Vitamin B3: 1.44mg (7.2%), Vitamin B6: 0.14mg (6.91%), Magnesium: 16.86mg (4.21%), Vitamin B2: 0.07mg (4.16%), Copper: 0.08mg (4.15%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.54mg (3.61%), Fiber: 0.86g (3.45%), Iron: 0.59mg (3.28%), Manganese: 0.06mg (3.21%), Zinc: 0.47mg (3.12%), Potassium: 107.35mg (3.07%), Vitamin A: 148.61IU (2.97%), Vitamin B1: 0.04mg (2.92%), Calcium: 27.12mg (2.71%), Vitamin C: 1.33mg (1.61%), Folate: 6.33µg (1.58%)