



Creamy Smoked Salmon-Scrambled Eggs over Asiago Potato Pancakes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 6 tablespoons chives divided chopped
- ☐ 0.3 cup crème fraîche sour
- ☐ 8 large eggs
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon shallots finely minced

☐ 4 ounces salmon chopped

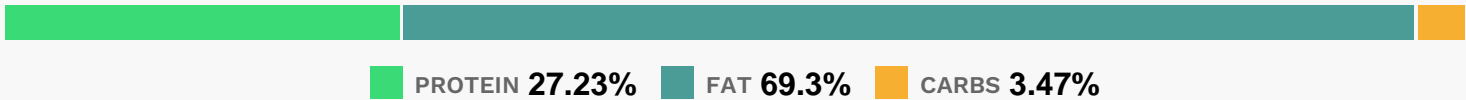
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Prepare pancakes, cover, and keep warm.
- ☐ Whisk together eggs, cream, and 3 tablespoons chives.
- ☐ Heat oil in a nonstick skillet over medium heat. Cook eggs, stirring with a spatula, until they hold together but are still soft.
- ☐ Add smoked salmon, and continue cooking 1 minute, until the eggs are cooked but still moist. If using cold-smoked salmon, remove pan from heat immediately to prevent salmon from overcooking.
- ☐ Arrange 3 pancakes each on 4 individual serving plates. Spoon the eggs on top.
- ☐ Combine shallots and crme frache, and dollop on eggs.
- ☐ Sprinkle with remaining chives and pepper.
- ☐ The case for wine: Aside from his duties as CEO and president of Carnival Cruise Lines, Bob Dickinson pursues his passion for wine. Evidence? His wine cellar contains more than 22,000 bottles, making it one of the country's largest private collections. As founder of the Presidential Wine Club, Bob insists that good wine be fun and accessible. Bob's recommendation: Chardonnay or any bone-dry Spanish white.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:15.50695654102%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 277.22kcal (13.86%), Fat: 21.12g (32.5%), Saturated Fat: 7.92g (49.53%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.17g (0.79%), Sugar: 1.47g (1.63%), Cholesterol: 399.71mg (133.24%), Sodium: 372.28mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.35%), Selenium: 40.83µg (58.33%), Vitamin D: 7.03µg (46.85%), Vitamin B2: 0.54mg (31.58%), Vitamin B12: 1.86µg (31.04%), Phosphorus: 266.21mg (26.62%), Vitamin A: 1016.13IU (20.32%), Vitamin B5: 1.88mg (18.8%), Vitamin E: 2.11mg (14.04%), Vitamin B6: 0.27mg (13.69%), Folate: 54.47µg (13.62%), Vitamin K: 12.78µg (12.17%), Iron: 2.14mg (11.91%), Zinc: 1.49mg (9.92%), Calcium: 86.61mg (8.66%), Copper: 0.15mg (7.58%), Vitamin B3: 1.47mg (7.34%), Potassium: 239.3mg (6.84%), Magnesium: 21.91mg (5.48%), Vitamin B1: 0.06mg (3.78%), Vitamin C: 3.01mg (3.65%), Manganese: 0.07mg (3.57%)