



Potato Nests with Sour Cream and Smoked Salmon

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 leaves parsley optional
- ☐ 1.5 pounds russet potatoes
- ☐ 0.5 teaspoon salt
- ☐ 2 oz salmon smoked thinly sliced for garnish plus a small amount
- ☐ 0.8 cup cup heavy whipping cream sour

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a large saucepan, bring unpeeled potatoes and enough cold water to cover to a boil over high heat. Reduce heat, cover and simmer potatoes until just cooked, about 20 minutes.
- ☐ Drain potatoes, let cool and then refrigerate for at least 1 hour, until cold.
- ☐ Meanwhile, pulse smoked salmon and lemon peel in a food processor, scraping down bowl.
- ☐ Add sour cream and process until combined. Refrigerate, covered, until ready to serve.
- ☐ Preheat oven to 425F. Lightly grease 32 mini-muffin-tin cups. Peel and coarsely grate potatoes. Gently toss potatoes with salt and pepper in a bowl.
- ☐ Place about 1 heaping Tbsp. potato mixture into each muffin cup and press against bottom and up sides, allowing some mixture to extend above rim. (Do not spread mixture too thin or holes will form while baking.)
- ☐ Bake potato nests until edges are dark golden, about 25 minutes. Cool nests in pans for 10 minutes. Carefully remove nests from pans and place on a baking sheet lined with paper towels to set. (Nests may be made up to 4 hours ahead; leave at room temperature.)
- ☐ Preheat oven to 375F.
- ☐ Place potato nests on a clean, large baking sheet and bake until heated through and crisp, 6 to 8 minutes.
- ☐ Transfer potato nests to a platter. Using a small spoon, dollop about 1 tsp. sour cream mixture into each potato nest and top each with a tiny strip of smoked salmon and, if desired, a parsley leaf.
- ☐ Serve right away.

Nutrition Facts



 **PROTEIN 12.02%**  **FAT 33.73%**  **CARBS 54.25%**

Properties

Glycemic Index:18.59, Glycemic Load:12.09, Inflammation Score:-2, Nutrition Score:5.4060869424239%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.6kcal (5.93%), Fat: 4.56g (7.02%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.31g (5.57%), Sugar: 1.29g (1.44%), Cholesterol: 14.35mg (4.78%), Sodium: 211.96mg (9.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Vitamin B6: 0.32mg (16.17%), Potassium: 396.1mg (11.32%), Vitamin D: 1.21µg (8.08%), Phosphorus: 74.97mg (7.5%), Vitamin C: 6.18mg (7.49%), Manganese: 0.14mg (6.96%), Vitamin B3: 1.24mg (6.2%), Magnesium: 23.19mg (5.8%), Copper: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.08%), Selenium: 3.44µg (4.92%), Fiber: 1.19g (4.77%), Vitamin B12: 0.28µg (4.61%), Iron: 0.82mg (4.57%), Vitamin B2: 0.07mg (4.25%), Vitamin B5: 0.39mg (3.93%), Vitamin K: 3.93µg (3.74%), Calcium: 34.94mg (3.49%), Folate: 13.63µg (3.41%), Vitamin A: 152.32IU (3.05%), Zinc: 0.34mg (2.29%), Vitamin E: 0.19mg (1.26%)