



Potatoes Topped with Smoked Salmon and Fennel

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings optional: dill fresh
- ☐ 0.3 cup fennel bulb finely chopped (sometimes called anise)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 12 small potato red boiling ()
- ☐ 2 ounces salmon smoked coarsely chopped

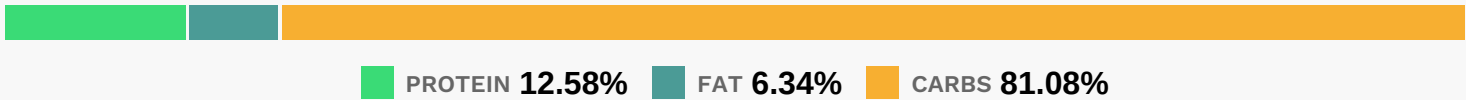
Equipment

- ☐ sauce pan
- ☐ colander

Directions

- ☐ Cover potatoes with salted water by 1 inch in a large saucepan, then simmer, uncovered, until just tender, about 15 minutes.
- ☐ Drain in a colander and cool.
- ☐ Stir together salmon, fennel bulb, lemon juice, and salt and pepper to taste.
- ☐ Halve cooled potatoes and season cut sides with salt and pepper. Arrange, cut sides up, on a platter (if potatoes wobble, cut a thin slice off rounded bottoms), then dot each with 1/2 teaspoon sour cream. Mound salmon on top.
- ☐ ·Potatoes can be cooked 3 hours ahead and kept, covered, at room temperature.·Salmon topping can be made 3 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.0195652337178%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 65.89kcal (3.29%), Fat: 0.48g (0.74%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 12.3g (4.47%), Sugar: 1.14g (1.27%), Cholesterol: 1.38mg (0.46%), Sodium: 36.34mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Potassium: 400.67mg (11.45%), Vitamin C: 7.61mg (9.22%), Vitamin B6: 0.15mg (7.61%), Manganese: 0.12mg (6.16%), Copper: 0.12mg (6.02%), Fiber: 1.48g (5.9%), Phosphorus: 57.96mg (5.8%), Vitamin B3: 1.1mg (5.49%), Magnesium: 19.59mg (4.9%), Vitamin B1: 0.07mg (4.7%), Folate: 16.05µg (4.01%), Iron: 0.66mg (3.64%), Vitamin K: 3.05µg (2.9%), Vitamin D: 0.41µg (2.73%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.3mg (2.02%), Vitamin B2: 0.03mg (1.9%), Selenium: 1.27µg (1.82%), Vitamin B12: 0.09µg (1.45%), Calcium: 12.8mg (1.28%)