



## 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

 **PROTEIN 12.58%** **FAT 6.34%** **CARBS 81.08%**

## 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%)