



## Salted & Smoked Salmon Roe



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



50

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



3 lbs salmon roe in their skeins wild-caught



0.3 cup unrefined sea salt

## Equipment

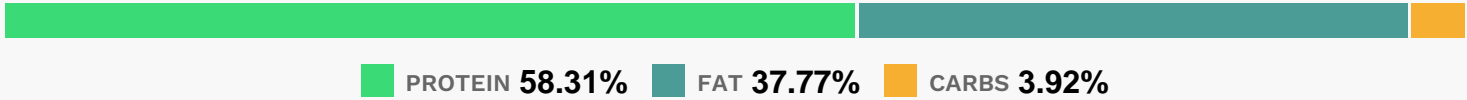


frying pan

## Directions

- ☐ Rinse the skeins of roe in a gentle stream of filtered water (you can find a good filter [here](#)).Pat them dry and dredge them lightly in unrefined sea salt. Set them in a pan to cure forabout twenty to thirty minutes while you prepare the wood for smoking.Once the smoker is preheated, drain off any excess liquid from the skeins of roe and brush off any residual salt.
- ☐ Transfer the skeins to the smoker. Smoke for thirty to forty–five minutes.
- ☐ Remove from smoker and refrigerate.
- ☐ Serve this smoked roe as a seasoning or accompaniment to eggs, greens or other foods. If the texture of the skein’s membrane doesn’t suit you, you may slit the skein and scoop out the roe with a spoon.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.1034783204289%

## Nutrients (% of daily need)

Calories: 38.92kcal (1.95%), Fat: 1.75g (2.69%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0g (0%), Cholesterol: 101.79mg (33.93%), Sodium: 590.63mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin B12: 2.18µg (36.29%), Vitamin D: 3.29µg (21.95%), Selenium: 10.97µg (15.67%), Vitamin E: 1.91mg (12.7%), Vitamin B2: 0.2mg (11.85%), Phosphorus: 109.41mg (10.94%), Folate: 20.68µg (5.17%), Vitamin C: 3.7mg (4.49%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.27mg (2.72%), Vitamin B3: 0.49mg (2.45%), Vitamin B6: 0.04mg (2.07%), Zinc: 0.27mg (1.82%), Potassium: 60.26mg (1.72%), Vitamin A: 81.37IU (1.63%), Copper: 0.03mg (1.38%), Magnesium: 5.46mg (1.36%)