



Smoked Peppered Mackerel and Sour Cream on Homemade Potato Chips

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce an package peppered mackerel smoked
- ☐ 3 tablespoons cup heavy whipping cream sour
- ☐ 3 tablespoons vegetable oil
- ☐ 2 medium yukon gold boiling

Equipment

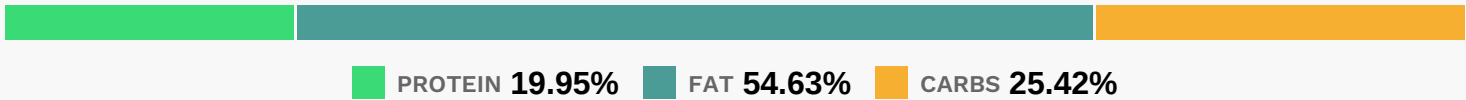
- ☐ baking sheet
- ☐ oven

- ☐ mandoline
- ☐ spatula

Directions

- ☐ Preheat oven to 375°F. and generously brush 2 large baking sheets with some oil.
- ☐ With a mandoline or other hand-held slicer cut 1 potato crosswise into 1/8-inch-thick slices. Immediately arrange slices in one layer on 1 baking sheet and brush tops with some oil.
- ☐ Sprinkle slices with salt to taste.
- ☐ Bake slices in middle of oven until golden, 10 to 15 minutes, and with a metal spatula immediately transfer to a rack to cool completely. Make more chips with remaining potato. Potato chips may be made 3 days ahead and kept in an airtight container at room temperature. Top each potato chip with 1/4 teaspoon sour cream and a small piece of mackerel.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7626086771488%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 34.02kcal (1.7%), Fat: 2.07g (3.19%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.21g (0.23%), Cholesterol: 3.99mg (1.33%), Sodium: 8.84mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin B12: 0.31µg (5.24%), Vitamin D: 0.64µg (4.3%), Selenium: 2.7µg (3.85%), Vitamin B3: 0.74mg (3.72%), Vitamin K: 2.75µg (2.62%), Potassium: 90.75mg (2.59%), Vitamin B6: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.11%), Phosphorus: 17.83mg (1.78%), Vitamin C: 1.3mg (1.57%), Vitamin B1: 0.02mg (1.26%), Magnesium: 5.03mg (1.26%), Copper: 0.02mg (1.23%), Vitamin E: 0.18mg (1.21%)