



Smoked Salmon and Basil Rolls with Crème Fraîche

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

Ingredients

- ☐ 0.8 cup crème fraîche sour ()
- ☐ 0.8 cup basil fresh chopped
- ☐ 12 large basil fresh
- ☐ 30 inch salmon smoked

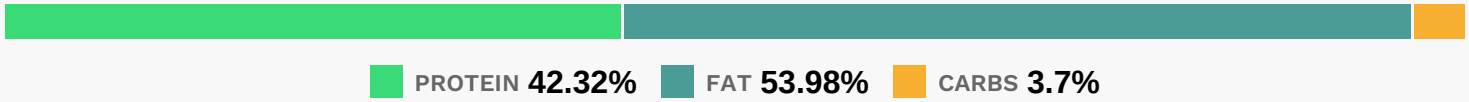
Equipment

- ☐ spatula

Directions

- ☐ Place 1 salmon slice on work surface.
- ☐ Spread 2 teaspoons crème fraîche over salmon.
- ☐ Sprinkle with 2 teaspoons chopped basil.
- ☐ Sprinkle with pepper. Starting at 1 short end, roll up salmon slice, enclosing filling.
- ☐ Spread 1 teaspoon crème fraîche over top of roll; sprinkle with 1 teaspoon chopped basil.
- ☐ Cut roll crosswise into 5 slices (keep sliced roll together). Repeat with remaining salmon, crème fraîche, and chopped basil. (Can be made 6 hours ahead.
- ☐ Transfer salmon rolls to plate; cover and chill.) Arrange basil leaves on platter. Using small spatula, top each basil leaf with 1 sliced salmon roll, fanning slightly.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:10.603478278803%

Nutrients (% of daily need)

Calories: 117.94kcal (5.9%), Fat: 6.96g (10.7%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.74g (0.83%), Cholesterol: 27.38mg (9.13%), Sodium: 506.6mg (22.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Vitamin D: 10.9µg (72.68%), Vitamin B12: 2.12µg (35.39%), Selenium: 21.46µg (30.66%), Vitamin B3: 3.05mg (15.27%), Phosphorus: 122.53mg (12.25%), Vitamin K: 12.21µg (11.63%), Vitamin B6: 0.19mg (9.52%), Copper: 0.16mg (8.07%), Vitamin A: 340.13IU (6.8%), Vitamin E: 0.97mg (6.44%), Vitamin B5: 0.63mg (6.33%), Vitamin B2: 0.1mg (6.05%), Potassium: 146.92mg (4.2%), Magnesium: 15.46mg (3.86%), Iron: 0.65mg (3.6%), Calcium: 33.84mg (3.38%), Manganese: 0.05mg (2.3%), Zinc: 0.29mg (1.95%), Vitamin B1: 0.02mg (1.33%), Folate: 4.51µg (1.13%)