



Smoked Salmon and Herbed Egg Salad Involtini

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons chives snipped
- 0.3 cup crème fraîche
- 1 teaspoon dijon mustard
- 6 large hard-cooked eggs chopped
- 2 medium radishes finely julienned
- 24 servings salt and cayenne pepper
- 1 pound salmon smoked thinly sliced cut into twelve 6-by-3-inch rectangles

1 tablespoon tarragon finely chopped

Equipment

bowl

Directions

- In a medium bowl, mix the eggs with the crme frache, chives, tarragon and mustard; season with salt and cayenne.
- Spread the salmon slices on a work surface. Mound 1 1/2 tablespoons of the egg salad on the short ends. Top with a few radish sticks and roll into tight cylinders. Cover and refrigerate until chilled, at least 20 minutes. Trim the ends and cut the rolls in half.
- Garnish with the remaining radishes and serve.
- Make Ahead: The rolls can be refrigerated overnight.

Nutrition Facts

 **PROTEIN 39.54%**  **FAT 49.04%**  **CARBS 11.42%**

Properties

Glycemic Index:8.79, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:5.7891304544781%

Flavonoids

Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.71kcal (2.69%), Fat: 2.98g (4.59%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.44g (0.49%), Cholesterol: 52.39mg (17.46%), Sodium: 167.63mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin D: 3.51µg (23.38%), Vitamin A: 951.87IU (19.04%), Selenium: 10.33µg (14.75%), Vitamin B12: 0.76µg (12.67%), Vitamin E: 0.99mg (6.61%), Vitamin B2: 0.11mg (6.48%), Vitamin B6: 0.13mg (6.27%), Phosphorus: 61.53mg (6.15%), Vitamin B3: 1.11mg (5.53%), Manganese: 0.07mg (3.6%), Vitamin B5: 0.35mg (3.49%), Iron: 0.57mg (3.17%), Potassium: 102.74mg (2.94%), Copper: 0.06mg (2.78%), Fiber: 0.59g (2.34%), Folate: 9.3µg (2.33%), Magnesium: 9.18mg (2.3%), Vitamin C: 1.89mg (2.29%), Vitamin K: 2.24µg (2.13%), Zinc: 0.26mg (1.75%), Calcium: 17.48mg (1.75%), Vitamin B1: 0.02mg (1.4%)