



Smoked Salmon Knishes

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups baking potato 1-inch-thick peeled cut into slices (2 large potatoes)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 2 large eggs divided
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 10.5 ounces flour all-purpose sifted

- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces salmon smoked finely chopped
- ☐ 5 tablespoons water divided
- ☐ 1.5 cups onion yellow finely chopped (1 medium)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ To prepare filling, place potatoes in a saucepan; cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain.
- ☐ Combine potato, broth, dill, 1/2 teaspoon salt, pepper, and salmon in a large bowl; mash until well combined.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; cook 3 minutes or until soft, stirring once. Stir onion into potato mixture. Set aside.
- ☐ To prepare dough, lightly spoon 2 1/3 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 1/3 cups flour, baking powder, and 1/4 teaspoon salt in a large bowl.
- ☐ Combine yogurt, 1/4 cup water, butter, and 1 egg in a medium bowl, stirring with a whisk. Make a well in center of flour mixture; add yogurt mixture, stirring until dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add 1 tablespoon

flour to prevent dough from sticking to hands (dough will feel sticky). Cover dough, and let stand for 10 minutes.

- ☐ Preheat oven to 37
- ☐ Divide dough into 16 portions. Working with one portion at a time (cover remaining dough to prevent drying), roll each portion into a 5-inch square on a floured surface.
- ☐ Place 1/4 cup potato mixture in the center of dough. Fold dough over filling, pinching seam and ends to seal.
- ☐ Place knishes, seam sides down, on a baking sheet coated with cooking spray. Repeat procedure with remaining dough and filling.
- ☐ Make a small cut in center of top of each knish.
- ☐ Combine remaining 1 tablespoon water and remaining egg in a small bowl, stirring with a whisk.
- ☐ Brush egg mixture over knish tops.
- ☐ Bake at 375 for 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:56.34, Glycemic Load:29.82, Inflammation Score:-5, Nutrition Score:12.623043609702%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 264.4kcal (13.22%), Fat: 5.14g (7.9%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 41.27g (15.01%), Sugar: 2.96g (3.29%), Cholesterol: 57.59mg (19.2%), Sodium: 478.17mg (20.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.23%), Selenium: 22.54µg (32.2%), Vitamin B1: 0.38mg (25.07%), Folate: 91.67µg (22.92%), Manganese: 0.41mg (20.6%), Vitamin B2: 0.33mg (19.17%), Vitamin B3: 3.62mg (18.12%), Vitamin D: 2.67µg (17.83%), Phosphorus: 165.94mg (16.59%), Vitamin B6: 0.32mg (15.88%), Iron: 2.76mg (15.31%), Potassium: 406.13mg (11.6%), Vitamin B12: 0.69µg (11.53%), Fiber: 2.3g (9.22%), Calcium: 90.64mg (9.06%), Copper: 0.17mg (8.69%), Vitamin B5: 0.8mg (8.04%), Magnesium: 31.93mg (7.98%), Vitamin C: 5.61mg (6.8%), Zinc:

0.84mg (5.62%), Vitamin A: 174.07IU (3.48%), Vitamin E: 0.44mg (2.93%), Vitamin K: 1.78µg (1.69%)