



Smoked Salmon Mousse Lollipops with Wasabi Creme Fraiche and Baked Wonton Flakes

 Gluten Free

READY IN



510 min.

SERVINGS



8

CALORIES



365 kcal

Ingredients

- 16 ounces neufchâtel cream cheese
- 6 ounces crème fraîche
- 1 package powdered gelatin
- 2 tablespoons olive oil divided
- 8 wonton skins
- 8 ounce salmon fillet (1 large fillet)
- 8 servings salt and pepper black freshly ground

- 1 bunch scallions chopped
- 8 ounces salmon smoked
- 3 tablespoons wasabi powder
- 8 servings wooden skewers
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Equipment

- food processor
- bowl
- oven
- plastic wrap
- aluminum foil
- skewers

Directions

- Preheat the oven 375 degrees F.
- Brush the salmon fillet with 1 tablespoon olive oil and season with salt and pepper, to taste.
- Bake on a sheet tray in the oven until cooked through, about 12 to 15 minutes. Break the salmon into small pieces with a fork.
- Brush the wonton skins with the remaining olive oil.
- Put the wontons on a sheet tray and bake until golden brown and crisp, about 6 to 7 minutes.
- In food processor, mix the cream cheese and gelatin until smooth.
- Put the mixture in a bowl and stir in the cooked salmon and scallions.
- On a large sheet of aluminum foil, arrange the smoked salmon in 1 layer, then cover with plastic wrap and pound out until very thin.
- Remove the plastic wrap and spread cream cheese mixture over salmon, then roll and wrap in foil. Refrigerate overnight.
- In a small bowl, mix the wasabi powder and creme fraiche. Crush the wontons into flakes.
- Remove the salmon roll from the refrigerator, unwrap and slice into 1/2-inch slices. Insert a wooden skewer into each slice and transfer to a serving platter. Top with a bit of the creme

fraiche and a sprinkle of wonton flakes.

Food Network Kitchens have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts

PROTEIN 20.19% **FAT 74.55%** **CARBS 5.26%**

Properties

Glycemic Index:11.38, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:12.437391307043%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 365.33kcal (18.27%), Fat: 30.49g (46.9%), Saturated Fat: 14.74g (92.12%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.59g (1.67%), Sugar: 2.93g (3.25%), Cholesterol: 92.87mg (30.96%), Sodium: 445.49mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.15%), Selenium: 26.6µg (38%), Vitamin B12: 2µg (33.25%), Vitamin D: 4.85µg (32.32%), Vitamin A: 961.55IU (19.23%), Vitamin B2: 0.32mg (18.54%), Phosphorus: 184.15mg (18.42%), Vitamin B3: 3.67mg (18.36%), Vitamin B6: 0.36mg (17.93%), Copper: 0.23mg (11.62%), Vitamin B5: 1.12mg (11.25%), Vitamin E: 1.47mg (9.82%), Vitamin K: 10.02µg (9.54%), Calcium: 90.26mg (9.03%), Potassium: 310.8mg (8.88%), Vitamin B1: 0.09mg (6.2%), Magnesium: 23.39mg (5.85%), Zinc: 0.67mg (4.47%), Folate: 17.36µg (4.34%), Iron: 0.69mg (3.81%), Manganese: 0.05mg (2.32%), Vitamin C: 1.55mg (1.88%)