



# Smoked Salmon Rounds with Black Sesame Seeds

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 servings bell pepper black
- 0.5 cup sesame seed black
- 3 teaspoons chives finely chopped
- 0.5 lemon zest with micro plane or zester grated
- 3 teaspoons shallots finely chopped
- 12 ounces salmon smoked finely chopped
- 0.5 cup cup heavy whipping cream sour for garnish

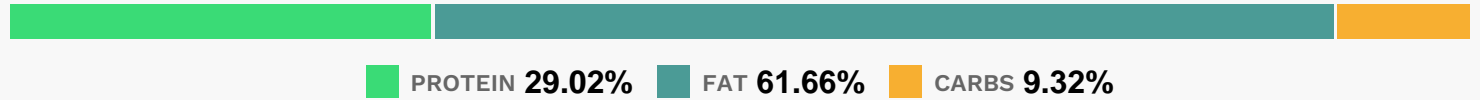
# Equipment

bowl

# Directions

- Combine salmon, shallot, chives, lemon zest and black pepper in a silver bowl.
- Lay out sesame seeds on a plate. With your hands, form smoked salmon balls about 3/4 inch in diameter.
- Roll in sesame seeds and place on serving platter.
- Serve with a tiny dollop of sour cream.

# Nutrition Facts



# Properties

Glycemic Index:11.83, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:7.1239129382631%

# Flavonoids

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: 88.76kcal (4.44%), Fat: 6.19g (9.53%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.4g (0.45%), Cholesterol: 12.17mg (4.06%), Sodium: 226.02mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin D: 4.85µg (32.32%), Selenium: 11.7µg (16.72%), Copper: 0.32mg (16.22%), Vitamin B12: 0.94µg (15.74%), Phosphorus: 93.72mg (9.37%), Manganese: 0.17mg (8.74%), Vitamin B3: 1.63mg (8.17%), Calcium: 74.93mg (7.49%), Magnesium: 28.42mg (7.1%), Vitamin B6: 0.13mg (6.75%), Iron: 1.18mg (6.55%), Zinc: 0.61mg (4.06%), Vitamin B1: 0.06mg (3.91%), Vitamin B2: 0.06mg (3.58%), Fiber: 0.81g (3.25%), Vitamin E: 0.44mg (2.91%), Vitamin B5: 0.29mg (2.86%), Potassium: 94.98mg (2.71%), Vitamin A: 96.51IU (1.93%), Folate: 7.69µg (1.92%)