



Smoked Salmon Tarama with Pita Chips

READY IN



45 min.

SERVINGS



9

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.7 cups cubes bread country-style crustless
- ☐ 2 tablespoons optional: dill fresh plus more for garnish chopped
- ☐ 3 garlic cloves
- ☐ 5 tablespoons olive oil for frying plus more pita
- ☐ 4 8-inch pita breads cut into 8 triangles
- ☐ 2 ounce salmon caviar
- ☐ 0.3 cup shallots chopped
- ☐ 6 ounces salmon smoked thinly sliced
- ☐ 3 tablespoons distilled vinegar white

- ☐ 1 cup milk whole
- ☐ 0.5 cup tarama (pale orange carp roe)

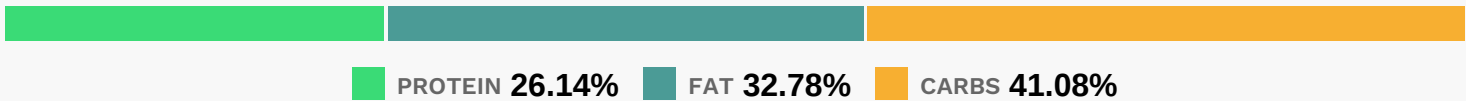
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine bread and milk in medium bowl.
- ☐ Let soak 5 minutes, tossing to moisten. Squeeze bread to release milk; reserve milk.
- ☐ Place bread in processor.
- ☐ Add next 4 ingredients; blend until smooth. With machine running, gradually add 5 tablespoons olive oil; transfer to medium bowl. Stir in tarama, 2 tablespoons dill, and enough reserved milk by tablespoonfuls to reach spreadable consistency. Season with salt and pepper. DO AHEAD: Can be made 6 hours ahead. Cover and chill.
- ☐ Pour enough olive oil into large skillet to cover bottom.
- ☐ Heat oil over medium high heat.
- ☐ Add pita triangles and cook until light brown, about 2 minutes per side.
- ☐ Transfer to paper towels and drain.
- ☐ Place bowl of salmon tarama in center of platter.
- ☐ Garnish with salmon caviar and dill. Surround with pita chips and serve. more info Tarama is sold at many supermarkets and at specialty foods stores and Greek markets.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:5.8, Inflammation Score:-3, Nutrition Score:8.4104348524757%

Flavonoids

Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 121.32kcal (6.07%), Fat: 4.43g (6.81%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.26g (4.1%), Sugar: 3.89g (4.32%), Cholesterol: 31.16mg (10.39%), Sodium: 246.49mg (10.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.89%), Vitamin D: 4.29µg (28.62%), Vitamin B12: 1.27µg (21.11%), Selenium: 14.28µg (20.4%), Manganese: 0.25mg (12.69%), Phosphorus: 114mg (11.4%), Vitamin B3: 2.03mg (10.13%), Vitamin B2: 0.15mg (8.97%), Vitamin C: 7.3mg (8.85%), Vitamin B1: 0.12mg (8%), Vitamin B6: 0.15mg (7.3%), Calcium: 67.51mg (6.75%), Vitamin E: 0.99mg (6.58%), Folate: 25.52µg (6.38%), Iron: 0.95mg (5.28%), Vitamin B5: 0.52mg (5.23%), Fiber: 1.22g (4.87%), Potassium: 163.75mg (4.68%), Copper: 0.09mg (4.55%), Magnesium: 18.03mg (4.51%), Zinc: 0.46mg (3.09%), Vitamin A: 109.33IU (2.19%), Vitamin K: 1.95µg (1.86%)