



Won Ton Cups with Hot-Smoked Salmon and Avocado

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 small avocado diced finely
- 0.3 cup cilantro leaves fresh finely chopped
- 2 teaspoons ginger fresh grated
- 0.5 cup spring onion finely sliced
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lime
- 4 ounces salmon flaked (see Notes)
- 2 tablespoons butter unsalted melted

- 2 teaspoons sesame seed white
- 24 square wonton wrappers (dumpling)

Equipment

- bowl
- oven
- wire rack
- spatula
- muffin liners

Directions

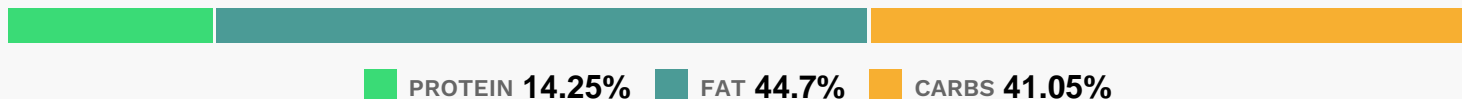
- Preheat oven to 350°F.
- Lay 12 wonton wrappers flat and, using about half the butter, brush both sides. Press into mini muffin cups (2 tbsp. size), pleating each to form a small cup.
- Sprinkle wrappers with half the sesame seeds.
- Bake until golden brown (watching carefully; they can burn easily), 7 to 9 minutes. Loosen from cups with a small spatula and put on a cooling rack. Repeat with remaining 12 wonton wrappers, butter, and sesame seeds.
- In a small bowl, combine salmon, green onions, cilantro, lime juice, ginger, and salt; mix well.
- Add avocado (see Notes) and toss very gently until well combined. Put a generous spoonful in each wonton cup.
- Serve immediately.
- Smoked salmon: The one-minute guide.
- More than any other fish, salmon lends itself to being smoked. Superb smoked salmon comes from Canada, Ireland, Norway, Scotland, and the United States and it all falls into two basic categories.
- COLD-SMOKED: The salmon is cured in brine or with sugar, salt, and spices, then smoked over wood chips at a low temperature (usually 70 to 90°F)
- for anywhere from a day to three weeks. The smoke doesn't actually cook the fish, so it stays silky and has a mild smoke flavor. Nova salmon is cured in a mild brine solution. Scottish-style uses a dry rub that is rinsed off before smoking. Indian-cure salmon is first brined and then

smoked for up to two weeks, until it has the texture of jerky. Lox, the bagel's best friend, is brined and sometimes (but not always) lightly smoked, and tends to be on the salty side. Scandinavian gravlax is not smoked at all, just dry-cured with salt, sugar, and dill.

HOT-SMOKED: As with cold-smoked, hot-smoked or kippered salmon is cured first. Then it's smoked at a higher temperature (generally 120 to 180

for a shorter period, typically no more than 12 hours. The result: a flaky, cooked texture and a deep, smoky flavor.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:7.9434781281844%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 153.2kcal (7.66%), Fat: 7.75g (11.92%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 13.67g (4.97%), Sugar: 0.36g (0.4%), Cholesterol: 12.81mg (4.27%), Sodium: 388.7mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin K: 20.03µg (19.08%), Vitamin D: 2.48µg (16.51%), Selenium: 11.29µg (16.13%), Vitamin B3: 2.4mg (11.98%), Folate: 45.13µg (11.28%), Manganese: 0.21mg (10.4%), Vitamin B1: 0.15mg (9.69%), Fiber: 2.34g (9.37%), Vitamin B2: 0.14mg (8.28%), Vitamin B12: 0.47µg (7.88%), Copper: 0.14mg (7.12%), Iron: 1.2mg (6.64%), Phosphorus: 61.51mg (6.15%), Vitamin B6: 0.12mg (6.04%), Vitamin E: 0.85mg (5.64%), Potassium: 192.45mg (5.5%), Vitamin C: 4.41mg (5.35%), Vitamin B5: 0.49mg (4.93%), Vitamin A: 236.66IU (4.73%), Magnesium: 17.91mg (4.48%), Zinc: 0.44mg (2.91%), Calcium: 26.13mg (2.61%)