

Crustless Swiss and Salmon Pie

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-salmon-pie-perok-recipe>

Ingredients:

- 4 eggs
- 3/4 cup heavy cream
- 8 ounces salmon flaked
- 1/2 teaspoon salt adjust for the seasoning of the salmon
- 1 pinch pepper
- 1/4 teaspoon nutmeg
- 2 tablespoons fresh dill minced
- 4 tablespoons sliced scallions
- 1 cup Swiss cheese grated, any kind you like
- 1 stick olive oil cooking spray

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 170 milligrams
4. Fat: 17 grams
5. Protein: 13 grams
6. SaturatedFat: 10 grams
7. Sodium: 240 milligrams

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