



Chilled Salmon Appetizers

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

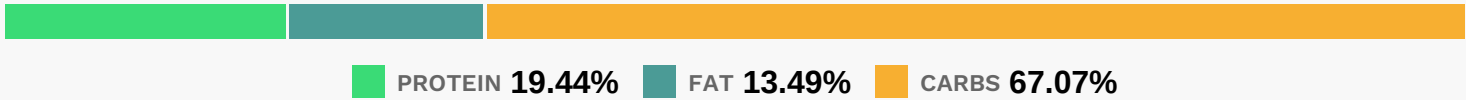
- ☐ 24 servings chives fresh chopped
- ☐ 24 servings sauce
- ☐ 12 slices pumpernickel bread
- ☐ 4 ounce salmon smoked hot

Equipment

Directions

- ☐ Slice bread in half diagonally.
- ☐ Spread about 1 teaspoon sauce on bread, and top with small chunk of salmon.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:3.68, Inflammation Score:-1, Nutrition Score:2.991739153862%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 47.05kcal (2.35%), Fat: 0.71g (1.09%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 6.86g (2.5%), Sugar: 0.33g (0.37%), Cholesterol: 1.09mg (0.36%), Sodium: 144.43mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Manganese: 0.21mg (10.67%), Selenium: 5.46µg (7.8%), Vitamin D: 0.81µg (5.39%), Fiber: 1.07g (4.26%), Folate: 16.02µg (4.01%), Phosphorus: 36.81mg (3.68%), Vitamin B3: 0.72mg (3.62%), Vitamin B1: 0.05mg (3.61%), Vitamin B2: 0.05mg (3.22%), Copper: 0.06mg (2.92%), Iron: 0.52mg (2.86%), Vitamin B12: 0.15µg (2.57%), Magnesium: 9.91mg (2.48%), Vitamin K: 2.26µg (2.15%), Vitamin B6: 0.03mg (1.73%), Zinc: 0.26mg (1.71%), Potassium: 44.51mg (1.27%), Calcium: 12.32mg (1.23%), Vitamin B5: 0.11mg (1.09%)