



Classic smoked salmon crostini

READY IN



34 min.

SERVINGS



20

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 400 g packs salmon smoked
- 4 spring onion chopped
- 2 tbsp capers drained
- 200 g pot cream cheese
- 3 lemons cut into thin wedges, to serve
- 4 baguettes thin
- 1 tablespoon olive oil

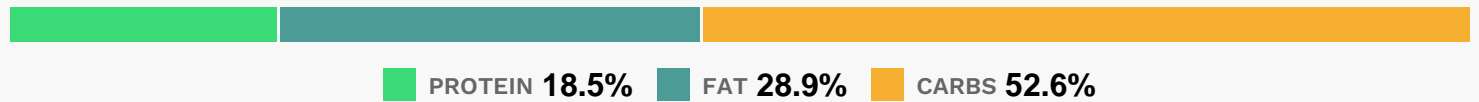
Equipment

grill

Directions

- Cut salmon into thin strips.
- Mix cheese with the spring onions and capers. Store in the fridge for up to 2 days.
- Spread each crostini with the cheese mix, top with a strip of salmon.
- Serve with lemon wedges.
- For the crostini bases, cut each of the 4 baguettes into 20 slices, cm thick, discarding ends.
- Drizzle with olive oil and place under the grill. Cook for 2–3 mins until lightly golden, then turn over and cook for another 1–2 mins until golden and crisp all over. Do this in batches and store in a large, airtight container at room temperature for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:7.81, Glycemic Load:16.96, Inflammation Score:-4, Nutrition Score:9.6686955845874%

Flavonoids

Eriodictyol: 3.46mg, Eriodictyol: 3.46mg, Eriodictyol: 3.46mg, Eriodictyol: 3.46mg Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 199.75kcal (9.99%), Fat: 6.43g (9.89%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 24.74g (9%), Sugar: 3.19g (3.54%), Cholesterol: 14.7mg (4.9%), Sodium: 521.74mg (22.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Selenium: 16.03µg (22.9%), Vitamin D: 3.42µg (22.8%), Vitamin B1: 0.31mg (20.39%), Vitamin B3: 3.26mg (16.29%), Folate: 58.32µg (14.58%), Vitamin B2: 0.21mg (12.36%), Manganese: 0.25mg (12.29%), Iron: 2.06mg (11.43%), Vitamin B12: 0.67µg (11.23%), Vitamin C: 9.07mg (11%), Phosphorus: 94.57mg (9.46%), Calcium: 70.69mg (7.07%), Vitamin K: 7.33µg (6.98%), Vitamin B6: 0.13mg (6.39%), Fiber: 1.59g (6.37%), Copper: 0.12mg (5.98%), Magnesium: 19.56mg (4.89%), Vitamin B5: 0.45mg (4.53%), Vitamin E: 0.65mg (4.31%), Potassium: 139.53mg (3.99%), Vitamin A: 180.38IU (3.61%), Zinc: 0.53mg (3.53%)