



Dinner Tonight: Smoked Salmon with Dill Crème Fraiche on Pretzel Bun

READY IN



10 min.

SERVINGS



4

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup alfalfa sprouts
- ☐ 4 tablespoons crème fraîche
- ☐ 0.5 cucumber thinly sliced
- ☐ 2 tablespoons optional: dill diced
- ☐ 4 pretzel rolls
- ☐ 1 onion red thinly sliced
- ☐ 8 ounces salmon smoked thinly sliced
- ☐ 1 tomatoes thinly sliced

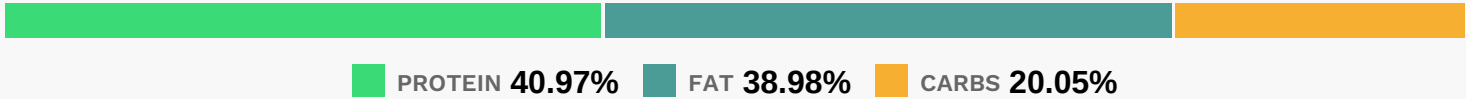
Equipment

☐ bowl

Directions

- ☐ Mix together crème fraiche and dill in medium sized bowl.
- ☐ Take one pretzel bun, and cut in half. Slather ½ tablespoon of dill crème fraiche on each cut side.
- ☐ Place base bun on small plate. Top with two ounces smoked salmon, two slices of tomato, four slices cucumber, a few slices of red onion, and ¼ cup alfalfa sprouts.
- ☐ Place top bun on top.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.97, Inflammation Score:-5, Nutrition Score:11.604782633159%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 115.65kcal (5.78%), Fat: 5.02g (7.72%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.55g (1.65%), Sugar: 2.93g (3.26%), Cholesterol: 20.12mg (6.71%), Sodium: 471.54mg (20.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.87g (23.74%), Vitamin D: 9.7µg (64.64%), Vitamin B12: 1.87µg (31.23%), Selenium: 19.04µg (27.2%), Vitamin B3: 2.96mg (14.79%), Phosphorus: 131.24mg (13.12%), Vitamin B6: 0.24mg (12.12%), Vitamin C: 8.47mg (10.27%), Copper: 0.2mg (10.07%), Vitamin A: 436.01IU (8.72%), Potassium: 286.24mg (8.18%), Vitamin K: 7.99µg (7.61%), Vitamin B5: 0.73mg (7.32%), Vitamin E: 1mg (6.64%), Vitamin B2: 0.11mg (6.53%), Manganese: 0.13mg (6.35%), Magnesium: 24.38mg (6.09%), Iron: 0.98mg (5.46%), Folate: 20.21µg (5.05%), Fiber: 1.26g (5.04%), Vitamin B1: 0.06mg (3.83%), Calcium: 36.06mg (3.61%), Zinc: 0.46mg (3.04%)