



Easy Brie Smoked Lox Torte

READY IN



10 min.

SERVINGS



8

CALORIES



122 kcal

Ingredients

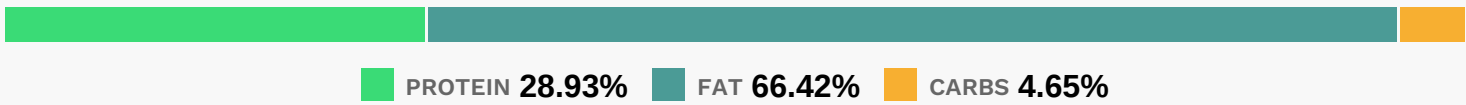
- ☐ 8 ounces round of président brie
- ☐ 6 slices salmon
- ☐ 1 teaspoon capers
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1 sprigs optional: dill fresh
- ☐ 1 serving round buttery crackers assorted

Equipment

Directions

- ☐ Cut cheese horizontally in half.
- ☐ Place 5 slices of the lox on bottom half of cheese.
- ☐ Sprinkle with capers and chopped dill weed.
- ☐ Top with other cheese half.
- ☐ Roll remaining lox slice to form a rose shape.
- ☐ Garnish cheese with lox rose and dill weed sprigs.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:4.953913067508%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 122.15kcal (6.11%), Fat: 8.97g (13.8%), Saturated Fat: 5.18g (32.39%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.29g (0.32%), Cholesterol: 31.8mg (10.6%), Sodium: 320.5mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Vitamin D: 2.71µg (18.04%), Vitamin B12: 0.96µg (15.95%), Selenium: 9.07µg (12.95%), Vitamin B2: 0.17mg (9.9%), Phosphorus: 83.41mg (8.34%), Calcium: 57.07mg (5.71%), Vitamin B6: 0.11mg (5.48%), Folate: 20.28µg (5.07%), Zinc: 0.73mg (4.9%), Vitamin B3: 0.92mg (4.58%), Vitamin A: 184.12IU (3.68%), Vitamin B5: 0.33mg (3.34%), Vitamin E: 0.34mg (2.28%), Magnesium: 8.85mg (2.21%), Copper: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.15%), Potassium: 72.1mg (2.06%), Iron: 0.37mg (2.03%), Vitamin K: 1.73µg (1.65%), Manganese: 0.02mg (1.18%)