



## Irish Smoked Salmon on Brown Bread Crostini with Hard-Cooked Egg Aioli

 Dairy Free

READY IN



75 min.

SERVINGS



35

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 loaves irish brown bread
- 8 large eggs
- 0.5 cup optional: dill fresh chopped for garnish
- 6 tablespoons horseradish prepared
- 2.5 cups mayonnaise
- 40 slices irish salmon smoked paper-thin
- 35 servings salt and pepper black freshly ground

6 tablespoons whole-grain dijon mustard 4 tablespoons capers drained

## Equipment

sauce pan

## Directions

- Place the eggs in a single layer in a straight-sided sauce pan, and cover completely with water. Bring to a boil, and then remove from the heat and cover tightly with a lid, 15 minutes.
- Immediately shock the eggs in an ice bath. When the eggs are cool enough to handle, gently peel off the shells and finely chop.
- Stir together the mayonnaise, dill, horseradish, mustard and capers until combined. Fold in the eggs, and season with salt and pepper. Cover and refrigerate at least 30 minutes to allow the flavors to meld.
- For assembly: Slice the bread into 1/2-inch slices, and then cut each slice lengthwise into 3 or 4 pieces to create 35 to 40 crostini.
- Top each crostini with a slice of salmon and a dollop of the aioli, and garnish with dill fronds.

## Nutrition Facts

 **PROTEIN 15.79%** **FAT 80.62%** **CARBS 3.59%**

## Properties

Glycemic Index:6.36, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:6.2421738272128%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 165.33kcal (8.27%), Fat: 14.69g (22.6%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.47g (0.52%), Cholesterol: 61.81mg (20.6%), Sodium: 174.97mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.95%), Vitamin K: 26.43µg (25.17%), Selenium: 13.63µg (19.47%), Vitamin B12: 0.85µg (14.13%), Vitamin B6: 0.21mg (10.73%), Vitamin B3: 1.93mg (9.65%), Vitamin B2: 0.15mg (8.86%), Phosphorus: 77.94mg (7.79%), Vitamin B5: 0.61mg (6.1%), Vitamin B1: 0.07mg (4.66%), Vitamin E: 0.66mg (4.39%), Potassium: 149.69mg (4.28%), Folate: 15.92µg (3.98%), Copper: 0.08mg (3.82%), Iron: 0.58mg

(3.22%), Manganese: 0.06mg (3.11%), Magnesium: 11.28mg (2.82%), Vitamin A: 135.53IU (2.71%), Zinc: 0.38mg (2.53%), Vitamin D: 0.26µg (1.74%), Calcium: 17.32mg (1.73%), Vitamin C: 1.22mg (1.48%), Fiber: 0.3g (1.2%)