



Liptauer Appetizers

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 48 capers drained
- ☐ 1 teaspoon caraway seed
- ☐ 8 oz cream cheese
- ☐ 0.3 pound thin- firm-textured dark
- ☐ 8 servings chives fresh chopped
- ☐ 2 tablespoons milk low-fat
- ☐ 1 tablespoon onion

☐ 1 teaspoon paprika

Equipment

☐ bowl

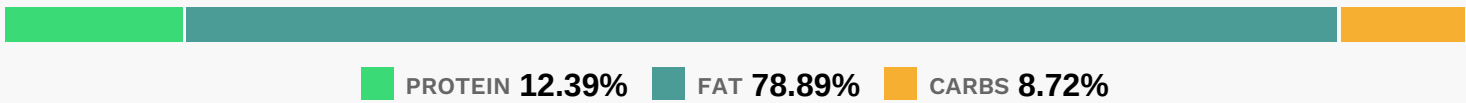
☐ sieve

☐ pastry bag

Directions

- ☐ In a bowl, beat 1 package (8 oz.) cream cheese to blend with 2 tablespoons low-fat milk, 2 teaspoons anchovy paste, and 1 teaspoon paprika. Grate 1 tablespoon onion and rub through a fine strainer into cheese mixture. Stir to blend. Put cheese mixture in a pastry bag with a star tip.
- ☐ Cut 1/4 pound thin-sliced firm-textured, dense pumpernickel, rye, or other dark bread into 48 equal pieces. Arrange on a platter.
- ☐ Twist bag top tightly down to filling, fold top down against bag, and grasp bag in one hand to hold top in place. Squeeze to press about 1 teaspoon of the cheese mixture onto each square of bread, holding bread with the other hand. Release pressure on bag slightly and lift straight up to detach bag from cheese.
- ☐ Sprinkle appetizers lightly with caraway seed (about 1 teaspoon total), dot each with a drained caper, and sprinkle with chopped fresh chives.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:2.6160869676134%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 4.05mg, Kaempferol: 4.05mg, Kaempferol: 4.05mg, Kaempferol: 4.05mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 118.92kcal (5.95%), Fat: 10.66g (16.4%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.21g (0.81%), Sugar: 1.41g (1.56%), Cholesterol: 30.1mg (10.03%), Sodium: 229.46mg (9.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Vitamin A: 560.42IU (11.21%), Calcium: 58.13mg (5.81%), Selenium: 3.64µg (5.19%), Vitamin B2: 0.09mg (5.03%), Phosphorus: 41.42mg (4.14%), Vitamin K: 3.85µg (3.67%), Vitamin E: 0.4mg (2.68%), Iron: 0.43mg (2.4%), Vitamin B5: 0.2mg (2.01%), Vitamin B3: 0.39mg (1.95%), Potassium: 66.61mg (1.9%), Fiber: 0.44g (1.75%), Magnesium: 6.66mg (1.67%), Vitamin B12: 0.1µg (1.64%), Zinc: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.55%), Copper: 0.03mg (1.38%), Folate: 4.95µg (1.24%), Vitamin C: 0.86mg (1.04%)