



## Parmesan Rounds with Lox

 Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup asiago cheese fresh shredded
- ☐ 0.3 teaspoon pepper black
- ☐ 3 oz salmon (cold-smoked salmon)
- ☐ 2 tablespoons crème fraîche sour
- ☐ 1 serving optional: dill fresh

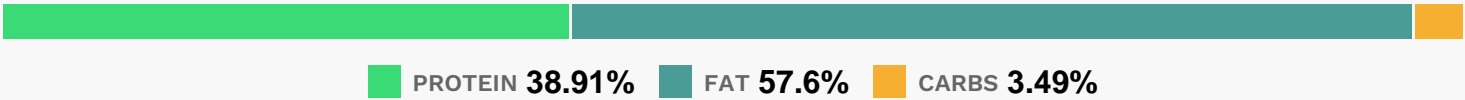
### Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Heat oven to 400°F. For each round, spoon 2 teaspoons cheese onto ungreased cookie sheet; pat into 2-inch round.
- ☐ Place rounds 2 inches apart.
- ☐ Sprinkle each with pepper.
- ☐ Bake at 400°F. for 6 to 8 minutes or until edges are light golden brown. (Do not overbake.) Immediately remove from cookie sheet; place on wire racks. Cool 5 minutes or until completely cooled.
- ☐ To serve, top each round with lox, about 1/4 teaspoon crème fraîche and dill sprig.
- ☐ Serve immediately, or cover and refrigerate until serving time.

## Nutrition Facts



## Properties

Glycemic Index:4.63, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.7308695777117%

## Nutrients (% of daily need)

Calories: 33.77kcal (1.69%), Fat: 2.14g (3.29%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.1g (0.11%), Cholesterol: 6.36mg (2.12%), Sodium: 142.27mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Calcium: 76.25mg (7.63%), Vitamin D: 0.94µg (6.27%), Phosphorus: 53.29mg (5.33%), Selenium: 3.19µg (4.55%), Vitamin B12: 0.25µg (4.19%), Vitamin B2: 0.03mg (1.69%), Vitamin B3: 0.27mg (1.35%), Zinc: 0.19mg (1.29%), Vitamin A: 63.44IU (1.27%), Vitamin B6: 0.02mg (1.06%)