



Pumpernickel Toasts With Smoked Salmon and Horseradish Cream

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



32 kcal

Ingredients

- ☐ 1 tablespoon capers
- ☐ 2 teaspoons optional: dill fresh finely chopped
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 optional: lemon cut into wedges
- ☐ 1 tablespoon mayonnaise light
- ☐ 3 ounce pumpernickel bread toasted
- ☐ 3 ounces salmon smoked thinly sliced

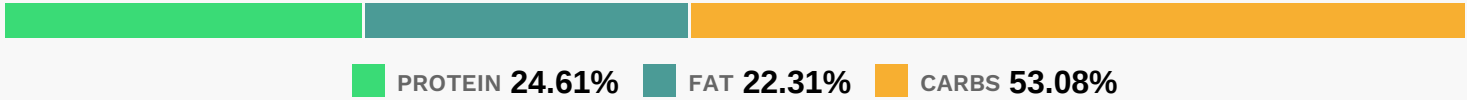
Equipment

☐ bowl

Directions

- ☐ Combine mayonnaise, dill, and horseradish in a small bowl.
- ☐ Cut each bread slice into 4 triangles.
- ☐ Layer each slice with 1/3 of the mayonnaise mixture, a few capers, 1 slice salmon, and dill sprig, if desired.
- ☐ Serve at room temperature with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:10.96, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:2.4573912918568%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 31.76kcal (1.59%), Fat: 0.82g (1.26%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.65g (1.33%), Sugar: 0.34g (0.38%), Cholesterol: 1.82mg (0.61%), Sodium: 127.85mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.07%), Vitamin D: 1.21µg (8.08%), Vitamin C: 4.92mg (5.96%), Selenium: 4.12µg (5.88%), Manganese: 0.1mg (4.89%), Vitamin B12: 0.23µg (3.85%), Fiber: 0.75g (2.99%), Vitamin B3: 0.57mg (2.84%), Phosphorus: 26.06mg (2.61%), Copper: 0.04mg (2.15%), Folate: 8.19µg (2.05%), Vitamin B1: 0.03mg (1.91%), Vitamin B2: 0.03mg (1.86%), Iron: 0.33mg (1.85%), Vitamin B6: 0.04mg (1.82%), Magnesium: 6.19mg (1.55%), Potassium: 41.34mg (1.18%), Vitamin E: 0.17mg (1.14%), Vitamin B5: 0.11mg (1.09%)