



Salmon Canapés

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces daikon radish (1/ each)
- ☐ 1 tablespoon chives fresh chopped
- ☐ 4 ounces goat cheese at room temperature
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounces salmon smoked thinly sliced cut into 16 pieces (or lox)
- ☐ 0.5 teaspoon sriracha to taste ()

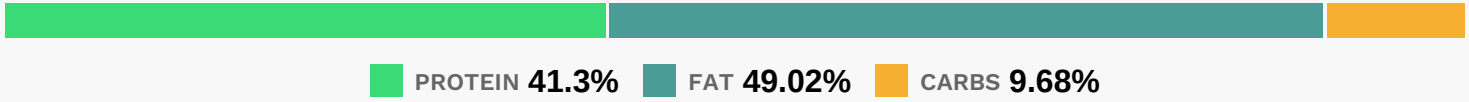
Equipment

- ☐ bowl

Directions

- ☐ Combine cheese, juice and Sriracha in a bowl.
- ☐ Spread a layer of cheese mixture on each daikon slice; top with salmon and garnish with chives.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:6.7073913397996%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.8kcal (3.94%), Fat: 4.26g (6.56%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.2g (0.44%), Sugar: 1.25g (1.39%), Cholesterol: 13.04mg (4.35%), Sodium: 289.99mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.17%), Vitamin D: 4.9µg (32.7%), Vitamin B12: 0.95µg (15.85%), Selenium: 9.89µg (14.12%), Vitamin C: 10.49mg (12.71%), Copper: 0.22mg (10.94%), Phosphorus: 92.96mg (9.3%), Vitamin B3: 1.49mg (7.44%), Vitamin B6: 0.14mg (6.78%), Vitamin B2: 0.09mg (5.41%), Potassium: 153.23mg (4.38%), Vitamin B5: 0.41mg (4.06%), Iron: 0.69mg (3.83%), Vitamin A: 187.93IU (3.76%), Folate: 14.96µg (3.74%), Magnesium: 14.46mg (3.61%), Calcium: 34.92mg (3.49%), Fiber: 0.7g (2.78%), Vitamin E: 0.41mg (2.75%), Zinc: 0.29mg (1.9%), Manganese: 0.04mg (1.84%), Vitamin B1: 0.03mg (1.72%), Vitamin K: 1.22µg (1.16%)