



Salmon Canapes with Dilled Honey Mustard

READY IN



25 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon onion red finely chopped
- 3 tablespoons dijon mustard
- 1 tablespoon honey
- 2 teaspoons optional: dill fresh chopped
- 12 slices pumpernickel bread
- 2 tablespoons cream cheese soft
- 0.3 lb salmon smoked (lox)
- 24 sprigs optional: dill fresh

Equipment

bowl

Directions

- In small bowl, combine onion, mustard, honey and chopped dill weed; mix well.
- Spread each bread slice with cream cheese; top with mustard mixture.
- Cut each bread slice in half diagonally. Top each bread triangle with salmon and dill sprig.
- Serve immediately.

Nutrition Facts



PROTEIN 17.79% **FAT 19.52%** **CARBS 62.69%**

Properties

Glycemic Index:9.34, Glycemic Load:4.08, Inflammation Score:-1, Nutrition Score:3.037826059953%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 53.82kcal (2.69%), Fat: 1.18g (1.82%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7.41g (2.69%), Sugar: 0.89g (0.99%), Cholesterol: 2.31mg (0.77%), Sodium: 157mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Manganese: 0.22mg (11.07%), Selenium: 6.2µg (8.86%), Vitamin D: 0.81µg (5.39%), Fiber: 1.13g (4.54%), Phosphorus: 39.84mg (3.98%), Folate: 15.62µg (3.91%), Vitamin B1: 0.06mg (3.84%), Vitamin B3: 0.73mg (3.67%), Vitamin B2: 0.06mg (3.45%), Iron: 0.55mg (3.05%), Copper: 0.06mg (2.96%), Magnesium: 10.67mg (2.67%), Vitamin B12: 0.16µg (2.61%), Zinc: 0.27mg (1.83%), Vitamin B6: 0.04mg (1.82%), Calcium: 14.33mg (1.43%), Potassium: 48.56mg (1.39%), Vitamin B5: 0.12mg (1.2%)