



Salmon-Pimiento Appetizers

READY IN



15 min.

SERVINGS



16

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 oz salmon smoked skinless flaked (hot-smoked)
- ☐ 0.3 cup creamy pimiento cheese (from 5-oz jar)
- ☐ 2 teaspoons salad dressing
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 0.1 teaspoon pepper
- ☐ 16 slices pumpernickel bread
- ☐ 16 slices cucumber seedless thin
- ☐ 2 tablespoons optional: dill

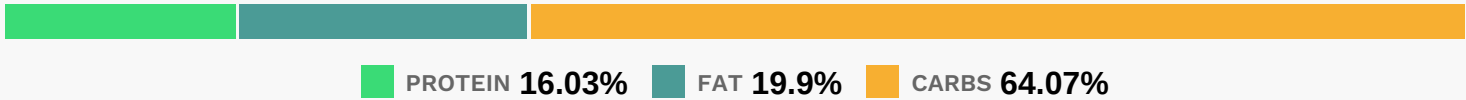
Equipment

☐ bowl

Directions

- ☐ In medium bowl, mix salmon, cheese spread, mayonnaise, onions and pepper.
- ☐ Spread evenly on bread slices.
- ☐ Cut cucumber slices in half almost to edge and twist; place on salmon mixture.
- ☐ Garnish with dill weed sprigs.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:7.36, Inflammation Score:-4, Nutrition Score:8.0943478345871%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 121.66kcal (6.08%), Fat: 2.72g (4.19%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 17.11g (6.22%), Sugar: 2.43g (2.7%), Cholesterol: 4.52mg (1.51%), Sodium: 311.51mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Manganese: 0.51mg (25.25%), Vitamin K: 19.18µg (18.26%), Selenium: 10.75µg (15.36%), Fiber: 2.62g (10.5%), Phosphorus: 95.41mg (9.54%), Folate: 37.76µg (9.44%), Vitamin D: 1.36µg (9.09%), Vitamin B1: 0.14mg (9.01%), Vitamin B2: 0.14mg (8.28%), Magnesium: 32.46mg (8.12%), Copper: 0.15mg (7.69%), Vitamin B3: 1.47mg (7.36%), Iron: 1.29mg (7.19%), Potassium: 236.46mg (6.76%), Calcium: 57.98mg (5.8%), Vitamin B6: 0.1mg (5.25%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.47mg (4.69%), Vitamin B12: 0.26µg (4.33%), Vitamin C: 3.42mg (4.15%), Vitamin A: 172.54IU (3.45%), Vitamin E: 0.29mg (1.92%)