



Seven-Layer Salmon Bites

 Dairy Free

READY IN



4500 min.

SERVINGS



48

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 10 oz whipped cream cheese
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 30 inch oval pumpernickel sandwich bread dark (1/)
- ☐ 0.5 lb scottish salmon smoked thinly sliced
- ☐ 2 oz carrot

☐ 0.3 teaspoon salt

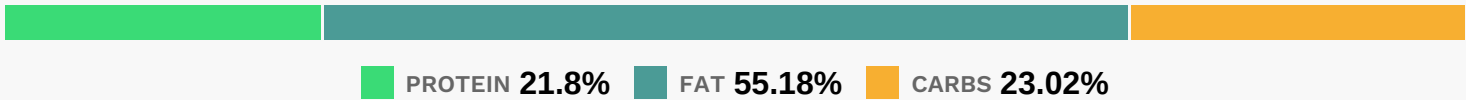
Equipment

☐ bowl

Directions

- ☐ Stir together cream cheese, zest, lemon juice, chives, salt, and pepper in a small bowl. Stack bread slices, then trim to form 4 1/4- by 3 1/4-inch rectangles. Arrange rectangles in 1 layer.
- ☐ Spread each with 1 heaping tablespoon cheese mixture and top with a thin layer of smoked salmon (cut to fit with kitchen shears). Make 1 more layer each of cheese and salmon, then top with remaining cheese. Trim edges to make uniform and chill rectangles on a platter until tops are firm, about 1 hour.
- ☐ Cut rectangles into 8 (1 1/2- by 1-inch) pieces, then top each piece with a rounded 1/4 teaspoon roe.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:1.3704347714134%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.49kcal (1.32%), Fat: 1.64g (2.53%), Saturated Fat: 0.89g (5.53%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.49g (0.54%), Cholesterol: 9.99mg (3.33%), Sodium: 60.17mg (2.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin D: 0.97µg (6.5%), Vitamin B12: 0.27µg (4.43%), Selenium: 2.48µg (3.54%), Phosphorus: 20.69mg (2.07%), Vitamin B3: 0.3mg (1.49%), Vitamin B2: 0.02mg (1.32%), Vitamin E: 0.19mg (1.28%), Manganese: 0.02mg (1.18%), Vitamin A: 53.63IU (1.07%)