

Smoked Salmon and Caviar Panini

READY IN

ready

15 min.

SERVINGS

servings

16

CALORIES

calories

127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 slices day-old brioche
- ☐ 1 ounce american caviar
- ☐ 2 tablespoons chives chopped
- ☐ 1 cup crème fraîche
- ☐ 16 dill sprigs
- ☐ 4 slices salmon smoked
- ☐ 2 tablespoons butter unsalted

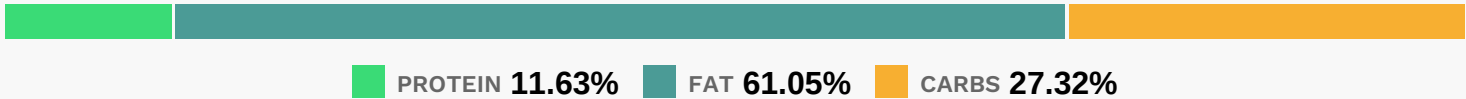
Equipment

☐ frying pan

Directions

- ☐ Butter 1 side the brioche slices (they'll be the outsides of the sandwiches).
- ☐ Gently fold the caviar and chives into the creme fraiche.
- ☐ On a clean work surface, arrange brioche buttered-side down.
- ☐ Place the smoked salmon on 4 of the slices and spread the creme fraiche over the others.
- ☐ Put the 2 together to make 4 sandwiches.
- ☐ Toast the sandwiches in a large skillet over a medium heat, turning once, until golden brown.
- ☐ Cut the panini into wedges and serve topped with dill sprigs.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.3891304443064%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 127.16kcal (6.36%), Fat: 8.76g (13.48%), Saturated Fat: 4.73g (29.55%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.79g (3.2%), Sugar: 0.5g (0.55%), Cholesterol: 53.74mg (17.91%), Sodium: 151.02mg (6.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Vitamin B12: 0.55µg (9.18%), Vitamin A: 397.15IU (7.94%), Vitamin D: 0.93µg (6.22%), Selenium: 3.33µg (4.76%), Calcium: 32.78mg (3.28%), Iron: 0.51mg (2.84%), Phosphorus: 26.73mg (2.67%), Vitamin B2: 0.04mg (2.6%), Magnesium: 8.4mg (2.1%), Vitamin B5: 0.16mg (1.61%), Vitamin C: 1.2mg (1.45%), Vitamin B6: 0.03mg (1.39%), Vitamin B3: 0.27mg (1.35%), Vitamin E: 0.2mg (1.31%), Potassium: 38.84mg (1.11%), Vitamin K: 1.15µg (1.1%)