



Smoked Salmon and Egg Canapes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

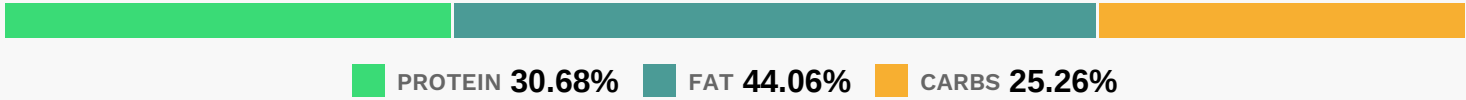
- ☐ 1 hard-cooked egg finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 12 slices cocktail-size pumpernickel
- ☐ 1 tablespoon scallion chopped
- ☐ 12 servings salmon smoked
- ☐ 1 small pickled cucumbers / gherkins sweet minced (small pickles)

Equipment

Directions

- ☐ Combine mayonnaise with hard-cooked egg, gherkins, and chopped scallion or chives.
- ☐ Spread on pumpernickel slices. Top each with a small piece of smoked salmon.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:7.38, Inflammation Score:-4, Nutrition Score:17.545652187065%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 250.67kcal (12.53%), Fat: 12.09g (18.61%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 13.5g (4.91%), Sugar: 0.51g (0.57%), Cholesterol: 39.01mg (13%), Sodium: 927.35mg (40.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.9%), Vitamin D: 14.65µg (97.64%), Selenium: 36.88µg (52.69%), Vitamin B12: 2.83µg (47.14%), Vitamin B3: 5.01mg (25.04%), Manganese: 0.44mg (21.77%), Phosphorus: 205.9mg (20.59%), Vitamin K: 17.19µg (16.37%), Copper: 0.29mg (14.52%), Vitamin B6: 0.28mg (14.15%), Vitamin B2: 0.21mg (12.2%), Vitamin E: 1.64mg (10.92%), Iron: 1.72mg (9.56%), Vitamin B5: 0.94mg (9.44%), Vitamin B1: 0.13mg (8.56%), Folate: 34.09µg (8.52%), Fiber: 2.11g (8.42%), Magnesium: 33.28mg (8.32%), Potassium: 225.06mg (6.43%), Zinc: 0.8mg (5.32%), Calcium: 35.06mg (3.51%), Vitamin A: 116.22IU (2.32%)