



Smoked Salmon and Goat Cheese on Pumpernickel-Rye

READY IN



24 min.

SERVINGS



20

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings butter softened
- ☐ 0.5 cucumber thinly sliced
- ☐ 4 ounces goat cheese soft
- ☐ 0.3 teaspoon pepper black
- ☐ 5 radishes thinly sliced
- ☐ 24 slices cocktail rye bread
- ☐ 4 ounce salmon smoked sliced

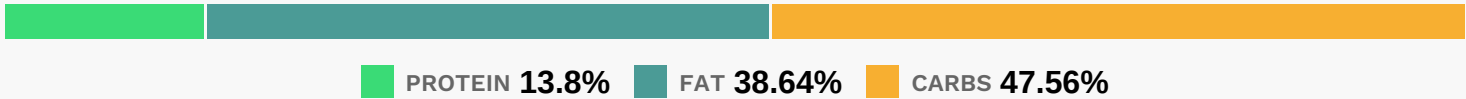
Equipment

☐ frying pan

Directions

- ☐ Spread goat cheese evenly on bread slices, and sprinkle with black pepper. Top 12 bread slices evenly with cucumber, radishes, and salmon. Top with remaining 12 bread slices, pressing together gently.
- ☐ Spread outside of sandwiches with softened butter. Cook in a nonstick skillet over medium heat, in batches, 2 minutes on each side or until cheese melts and bread is golden brown.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:8.57, Inflammation Score:-3, Nutrition Score:6.3756522277127%

Flavonoids

Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 158.03kcal (7.9%), Fat: 6.78g (10.42%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 16.46g (5.99%), Sugar: 1.65g (1.84%), Cholesterol: 14.66mg (4.89%), Sodium: 329.56mg (14.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Selenium: 13.93µg (19.89%), Manganese: 0.33mg (16.62%), Vitamin B1: 0.17mg (11.64%), Folate: 44.49µg (11.12%), Vitamin B2: 0.16mg (9.41%), Fiber: 2.3g (9.21%), Vitamin B3: 1.76mg (8.79%), Phosphorus: 74.83mg (7.48%), Iron: 1.27mg (7.03%), Vitamin D: 0.99µg (6.61%), Copper: 0.13mg (6.61%), Magnesium: 18.43mg (4.61%), Vitamin A: 196.75IU (3.93%), Calcium: 39.2mg (3.92%), Zinc: 0.53mg (3.52%), Vitamin B12: 0.2µg (3.4%), Vitamin B6: 0.06mg (3.17%), Vitamin B5: 0.28mg (2.82%), Potassium: 89.2mg (2.55%), Vitamin E: 0.33mg (2.21%), Vitamin K: 1.51µg (1.44%)