



Smoked Salmon and Goat Cheese Toasts

READY IN



30 min.

SERVINGS



40

CALORIES



164 kcal

Ingredients

- ☐ 8 oz goat cheese fresh soft
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 2.5 tablespoons olive oil extra virgin
- ☐ 30 slices french-bread baguette thin
- ☐ 12 oz salmon smoked thinly sliced
- ☐ 1 strips thinly lemon peel from one lemon peeled cut into tiny slivers*

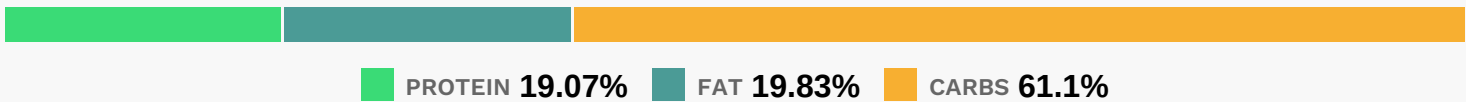
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix cheese, herbs, lemon zest, pepper: Preheat oven to 350°F.
- ☐ Mix first goat cheese, herbs, lemon zest, and black pepper in a small bowl to blend. Set aside. (The cheese mixture can be mixed a couple of days ahead of time.)
- ☐ Toast bread slices in oven:
- ☐ Brush oil over both sides of bread slices. Arrange bread in single layer on a large baking sheet.
- ☐ Bake until bread is just crisp, about 5 minutes on each side. (You can prepare the toasts a couple hours in advance.)
- ☐ Spread cheese mixture over toasts. Top with salmon, trimming to fit.
- ☐ Garnish with lemon peel strips. Arrange on platter and serve.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:19.22, Inflammation Score:-4, Nutrition Score:7.6060870445293%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 163.58kcal (8.18%), Fat: 3.61g (5.55%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.89g (8.69%), Sugar: 2.27g (2.53%), Cholesterol: 4.56mg (1.52%), Sodium: 376.56mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.61%), Selenium: 16.64µg (23.78%), Vitamin B1: 0.35mg (23.13%), Folate: 60.04µg (15.01%), Vitamin B2: 0.24mg (13.89%), Vitamin B3: 2.74mg (13.72%), Manganese: 0.27mg

(13.27%), Iron: 2.1mg (11.66%), Vitamin D: 1.48µg (9.85%), Phosphorus: 79.14mg (7.91%), Copper: 0.14mg (6.78%), Vitamin B12: 0.29µg (4.8%), Magnesium: 18.19mg (4.55%), Vitamin B6: 0.09mg (4.51%), Fiber: 1.11g (4.43%), Zinc: 0.58mg (3.88%), Calcium: 34.99mg (3.5%), Vitamin B5: 0.27mg (2.75%), Vitamin E: 0.35mg (2.35%), Potassium: 74.46mg (2.13%), Vitamin A: 75.94IU (1.52%)