



Smoked Salmon and Scallion Tea Sandwiches

READY IN



45 min.

SERVINGS



32

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 pound cream cheese at room temperature
- 0.3 cup crème fraîche
- 1 teaspoon ginger fresh finely grated
- 32 servings kosher salt and pepper white freshly ground
- 4 scallions green chopped
- 0.3 cup sesame seed
- 0.8 pound salmon smoked sliced
- 1.5 teaspoons wasabi powder mixed with 1 1/2 teaspoons water
- 0.3 cup watercress leaves finely chopped

- 24 slices sandwich bread white thin

Equipment

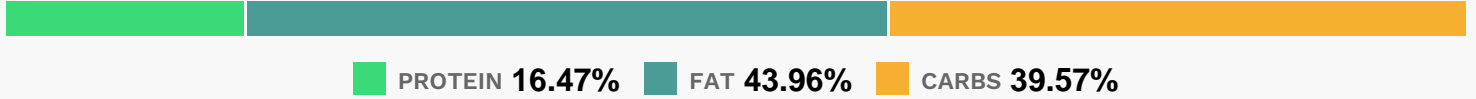
- food processor
- bowl
- frying pan
- paper towels
- plastic wrap
- spatula
- serrated knife

Directions

- In a small skillet, toast the sesame seeds over moderate heat, shaking the pan, until light golden, about 2 minutes.
- Transfer to a plate and let cool.
- In a food processor, combine the salmon, wasabi, ginger and crme frache and pulse until smooth.
- Transfer to a bowl. Wipe out the processor.
- Add the cream cheese, scallions and watercress to the processor and puree until smooth. Season with salt and white pepper.
- Using a small spatula, spread a scant tablespoon of the scallion cream cheese onto each of 3 slices of bread.
- Spread a scant tablespoon of the salmon mixture onto each of 2 slices of bread. Stack the bread, beginning and ending with a scallion layer; top the stack with a plain slice of bread and press to close. Repeat with the remaining bread, scallion cream cheese and salmon mixture to form 4 sandwich stacks.
- Using a sharp serrated knife, trim off the crusts.
- Cut each sandwich stack in half.
- Spread scallion cream cheese over the long side of each sandwich half, then dip the long sides into the toasted sesame seeds, pressing to coat.
- Cut each sandwich half into 4 smaller sandwiches, leaving 1 side coated with sesame seeds.

- Transfer the sandwiches to a plate and serve.
- Make Ahead: The halved sandwiches can be covered with a lightly moistened paper towel and plastic wrap and refrigerated overnight. Bring to room temperature before cutting into small sandwiches and serving.

Nutrition Facts



Properties

Glycemic Index:6.74, Glycemic Load:6.81, Inflammation Score:-3, Nutrition Score:5.4191304289776%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 117.08kcal (5.85%), Fat: 5.77g (8.87%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 10.54g (3.83%), Sugar: 1.5g (1.67%), Cholesterol: 14.24mg (4.75%), Sodium: 207.32mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Selenium: 9.25µg (13.22%), Vitamin D: 1.82µg (12.12%), Manganese: 0.23mg (11.62%), Vitamin B1: 0.11mg (7.41%), Vitamin B3: 1.47mg (7.36%), Calcium: 71.05mg (7.11%), Iron: 1.21mg (6.74%), Phosphorus: 63.03mg (6.3%), Vitamin B12: 0.37µg (6.23%), Folate: 24.43µg (6.11%), Copper: 0.12mg (5.88%), Vitamin B2: 0.09mg (5.31%), Fiber: 1.14g (4.56%), Vitamin K: 4.07µg (3.87%), Vitamin A: 186.96IU (3.74%), Magnesium: 14.44mg (3.61%), Vitamin B6: 0.07mg (3.31%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.38mg (2.52%), Vitamin E: 0.3mg (1.98%), Potassium: 69.31mg (1.98%), Vitamin C: 0.86mg (1.04%)