



Smoked Salmon-And-Watercress Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon capers
- ☐ 1 teaspoon dijon mustard
- ☐ 0.1 teaspoon pepper
- ☐ 2.2 ounce marble rye bread (such as Pepperidge Farm)
- ☐ 5 ounces salmon smoked thinly sliced
- ☐ 1 cup watercress trimmed chopped

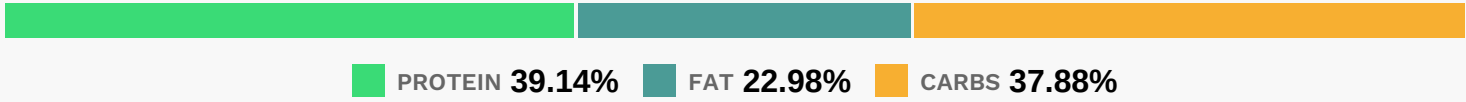
Equipment

- ☐ whisk

Directions

- ☐ Combine first 3 ingredients; stir with a whisk until smooth. Stir in capers.
- ☐ Cut each piece of bread with a 3-inch round cutter; spread about 2 teaspoons cheese mixture on 12 rounds. Top evenly with salmon and watercress.
- ☐ Place remaining 12 bread rounds on top of watercress.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:2.9317391437033%

Flavonoids

Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 28.05kcal (1.4%), Fat: 0.71g (1.08%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.21g (0.24%), Cholesterol: 2.72mg (0.91%), Sodium: 148.16mg (6.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin D: 2.02µg (13.47%), Selenium: 5.61µg (8.01%), Vitamin K: 7.36µg (7.01%), Vitamin B12: 0.39µg (6.42%), Vitamin B3: 0.77mg (3.84%), Manganese: 0.06mg (2.83%), Phosphorus: 28.12mg (2.81%), Copper: 0.04mg (2.1%), Vitamin A: 102.38IU (2.05%), Vitamin B6: 0.04mg (2.04%), Vitamin B2: 0.03mg (2%), Vitamin B1: 0.03mg (1.92%), Folate: 6.39µg (1.6%), Vitamin C: 1.27mg (1.54%), Iron: 0.27mg (1.52%), Fiber: 0.36g (1.44%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.36%), Magnesium: 5.26mg (1.31%), Potassium: 39.82mg (1.14%)