



## Smoked Salmon Canape with Green Olive Grapefruit Tapenade

READY IN



40 min.

SERVINGS



4

CALORIES



435 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 coriander seeds crushed
- 0.5 cup crème fraîche
- 0.5 teaspoon cumin powder
- 1 small bunch chives fresh
- 4 servings chives fresh for garnish, optional
- 0.5 cup mint leaves fresh
- 4 grapefruit segments sliced thin
- 1 tablespoon grapefruit juice

- 1 zest of 1 grapefruit divided
- 1 pinch ground cinnamon
- 0.1 teaspoon ground sumac
- 0.5 teaspoon honey
- 4 servings kosher salt and pepper black freshly ground
- 1 package naan bread prepared
- 1 tablespoon olive oil extra-virgin
- 15 ounces california olives green pitted
- 1 package salmon smoked
- 0.5 cup sparkling wine

## Equipment

- food processor
- bowl
- frying pan
- grill pan

## Directions

- In a food processor, pulse the olives, mint, handful of chives, half of the grapefruit zest, all of the grapefruit juice, cumin, cinnamon, and olive oil. Dont over process, it should be a little chunky, but still finely chopped.
- Pour the Champagne into a small saute pan with coriander seeds. Bring to a boil over medium-high heat and reduce until it just turns syrupy. Strain the mixture and set aside to cool.
- In a small bowl, stir together the cooled Champagne "syrup", remaining grapefruit zest, honey, sumac, and creme fraiche. Season the mixture with salt, and pepper, to taste.
- Heat a grill pan or large nonstick skillet and warm the naan bread on both sides.
- Cut the bread in half from top to bottom, then crosswise into 1-inch wide pieces. Smear each one with some tapenade, then top with a small piece of salmon, a piece of grapefruit and dollop of creme fraiche. Balance a short length of chive on top if you want to be extra fancy!

# Nutrition Facts

PROTEIN 11.88% FAT 56.18% CARBS 31.94%

## Properties

Glycemic Index:64.32, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:24.218695526538%

## Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 434.56kcal (21.73%), Fat: 28.04g (43.14%), Saturated Fat: 6.09g (38.07%), Carbohydrates: 35.85g (11.95%), Net Carbohydrates: 27.45g (9.98%), Sugar: 20.78g (23.09%), Cholesterol: 28.48mg (9.49%), Sodium: 2065.69mg (89.81%), Alcohol: 1.89g (100%), Alcohol %: 0.49% (100%), Protein: 13.34g (26.69%), Vitamin C: 86.08mg (104.34%), Vitamin A: 3915.31IU (78.31%), Vitamin D: 8.55µg (57%), Vitamin E: 5.69mg (37.93%), Fiber: 8.4g (33.61%), Vitamin B12: 1.69µg (28.17%), Selenium: 18.62µg (26.6%), Copper: 0.36mg (18.06%), Calcium: 171.02mg (17.1%), Potassium: 594.14mg (16.98%), Vitamin B6: 0.34mg (16.98%), Vitamin B3: 3.33mg (16.67%), Phosphorus: 166.45mg (16.64%), Magnesium: 57.05mg (14.26%), Vitamin B5: 1.26mg (12.63%), Vitamin B2: 0.21mg (12.28%), Folate: 48.33µg (12.08%), Vitamin B1: 0.16mg (10.58%), Iron: 1.86mg (10.32%), Manganese: 0.17mg (8.72%), Vitamin K: 8.53µg (8.12%), Zinc: 0.6mg (3.99%)