



Smoked Salmon Canapés

READY IN



45 min.

SERVINGS



48

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 48 slices cucumber very thin
- 48 servings garnish: dill fresh separated
- 1 tablespoon honey
- 0.5 teaspoon pepper freshly ground
- 48 servings pepper freshly ground
- 24 slices pumpernickel bread
- 48 servings purple onion minced
- 0.3 teaspoon salt

- 12 ounces salmon smoked
- 0.3 cup cup heavy whipping cream sour

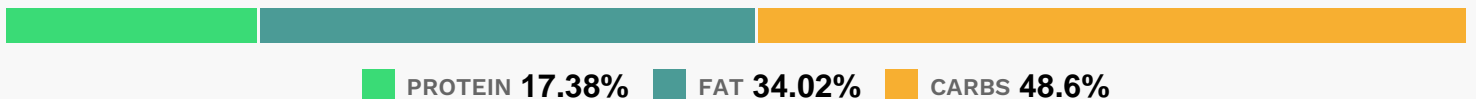
Equipment

- bowl
- hand mixer

Directions

- Combine first 5 ingredients in a bowl; beat at low speed of an electric mixer until thoroughly blended.
- Cut each bread slice diagonally in half. Separate salmon into very thin slices (smoked salmon should separate naturally into slivers).
- Cut salmon into 48 pieces.
- Spread 1/2 teaspoon cream cheese mixture onto each piece of bread.
- Roll a cucumber slice inside each salmon piece; place over cream cheese spread on bread. Dollop 1/2 teaspoon cream cheese mixture over salmon.
- Sprinkle with onion and pepper; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:3.98, Inflammation Score:-2, Nutrition Score:3.6326087000577%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 70.12kcal (3.51%), Fat: 2.68g (4.12%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.47g (2.71%), Sugar: 0.8g (0.89%), Cholesterol: 7.11mg (2.37%), Sodium: 178.53mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Manganese: 0.23mg (11.71%), Selenium: 6.69µg (9.55%),

Vitamin D: 1.21µg (8.08%), Phosphorus: 48.1mg (4.81%), Fiber: 1.14g (4.56%), Folate: 16.87µg (4.22%), Vitamin B2: 0.07mg (4.21%), Vitamin B3: 0.84mg (4.21%), Vitamin B12: 0.24µg (4.07%), Vitamin B1: 0.06mg (3.87%), Copper: 0.07mg (3.53%), Iron: 0.56mg (3.13%), Magnesium: 11.67mg (2.92%), Vitamin B6: 0.05mg (2.42%), Zinc: 0.3mg (2.02%), Calcium: 19.44mg (1.94%), Potassium: 66.97mg (1.91%), Vitamin A: 90.52IU (1.81%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.21mg (1.41%)