



Smoked Salmon Canapés

READY IN



135 min.

SERVINGS



25

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 tablespoons brined capers chopped
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 0.7 cup crème fraîche
- ☐ 1 large egg plus 1 egg yolk
- ☐ 2.5 cups flour all-purpose plus more for rolling
- ☐ 3 tbsp ice water
- ☐ 5 oz salmon smoked
- ☐ 0.8 cup butter unsalted

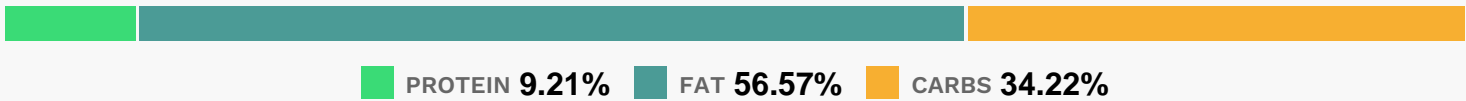
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wax paper

Directions

- ☐ Cut butter into 1/2-in. cubes and freeze in a single layer until very cold, 10 to 20 minutes. In a food processor, whirl flour and salt until blended.
- ☐ Add butter and pulse on and off just until bits of butter are about the size of peas. In a small bowl, lightly beat egg and yolk with 3 tbsp. ice water.
- ☐ Add egg mixture, about half at a time, and pulse just until evenly moistened and holding together (you may need to add 1 more tbsp. ice water as you're pulsing).
- ☐ Flatten the dough into 2 rough squares, each about 6 in. wide. Wrap squares in wax paper. Chill until cold, at least 1 hour and up to 3 days.
- ☐ Preheat oven to 35
- ☐ Remove dough from refrigerator and let stand 5 minutes. Unwrap and, on a lightly floured surface, roll dough halves into 1/8-in.-thick squares, 10 to 11 in. each.
- ☐ Transfer each square to a rimmed baking sheet and prick all over with a fork.
- ☐ Bake until medium brown, 25 to 35 minutes. Cool on pan, about 30 minutes.
- ☐ Spread with crme frache, dividing evenly, and top with smoked salmon and capers.
- ☐ Cut into 2-in. squares.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:6.9, Inflammation Score:-2, Nutrition Score:3.1704347567714%

Flavonoids

Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 115.48kcal (5.77%), Fat: 7.27g (11.18%), Saturated Fat: 4.26g (26.6%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.53g (3.46%), Sugar: 0.25g (0.28%), Cholesterol: 26.91mg (8.97%), Sodium: 116.43mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Selenium: 6.76µg (9.66%), Vitamin D: 1.11µg (7.39%), Vitamin B1: 0.1mg (6.82%), Folate: 24.74µg (6.18%), Vitamin B3: 1.02mg (5.1%), Vitamin B2: 0.08mg (4.99%), Vitamin A: 224.24IU (4.48%), Manganese: 0.09mg (4.41%), Vitamin B12: 0.22µg (3.71%), Iron: 0.67mg (3.7%), Phosphorus: 31.83mg (3.18%), Vitamin E: 0.29mg (1.93%), Copper: 0.04mg (1.85%), Vitamin B5: 0.15mg (1.53%), Fiber: 0.36g (1.45%), Vitamin B6: 0.03mg (1.33%), Magnesium: 4.84mg (1.21%), Calcium: 11.61mg (1.16%)