



Smoked Salmon Canapés

READY IN



45 min.

SERVINGS



34

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 2 medium cucumbers
- ☐ 34 servings garnish: dill sprigs fresh
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 34 servings pepper freshly ground
- ☐ 4 ounce pumpernickel bread
- ☐ 1 small purple onion minced
- ☐ 0.3 teaspoon salt

- ☐ 8 ounce salmon smoked thinly sliced
- ☐ 0.3 cup cup heavy whipping cream sour

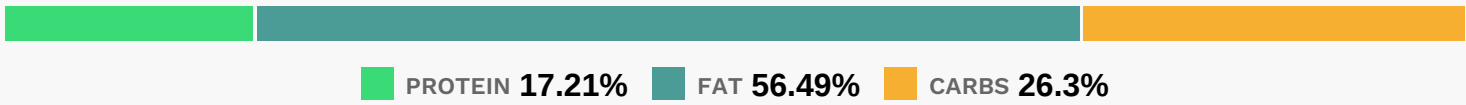
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ peeler

Directions

- ☐ Combine first 5 ingredients in a bowl; beat at low speed with an electric mixer until smooth.
- ☐ Cut each bread slice in half diagonally. Separate salmon slices and cut into 34 strips.
- ☐ Spread 1/2 teaspoon cream cheese mixture onto each bread triangle. Using a vegetable peeler, cut cucumbers into 34 thin slices.
- ☐ Roll a cucumber slice inside each piece of salmon; place over cream cheese spread on bread triangles. Dollop 1/2 teaspoon cream cheese mixture over salmon.
- ☐ Sprinkle with onion and pepper; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:2.1739130357037%

Flavonoids

Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 47.8kcal (2.39%), Fat: 3.04g (4.68%), Saturated Fat: 1.6g (10%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.13g (1.26%), Cholesterol: 9.27mg (3.09%), Sodium: 111.22mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin D: 1.14µg (7.6%), Selenium: 3.65µg (5.22%), Vitamin B12: 0.24µg (3.93%), Manganese: 0.08mg (3.83%), Phosphorus: 29.02mg (2.9%), Vitamin A: 122.93IU (2.46%), Vitamin B2: 0.04mg (2.33%), Vitamin B3: 0.44mg (2.19%), Copper: 0.04mg (1.91%), Vitamin B6: 0.04mg

(1.89%), Folate: 6.39µg (1.6%), Fiber: 0.39g (1.56%), Potassium: 53.12mg (1.52%), Vitamin B5: 0.15mg (1.5%), Magnesium: 5.8mg (1.45%), Calcium: 14.41mg (1.44%), Vitamin B1: 0.02mg (1.31%), Vitamin K: 1.27µg (1.21%), Iron: 0.22mg (1.2%), Vitamin E: 0.17mg (1.16%)