



Smoked Salmon Crostini

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1.5 pounds bread baguette gluten-free french toasted ()
- 0.5 cup alouette garlic & herbs spreadable cheese light
- 0.5 cup fennel bulb chopped
- 2 teaspoons optional: dill fresh chopped
- 0.3 cup spring onion chopped
- 1.5 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated

1 tablespoon olive oil extra virgin extra-virgin

0.8 pound salmon cut into thin strips

Equipment

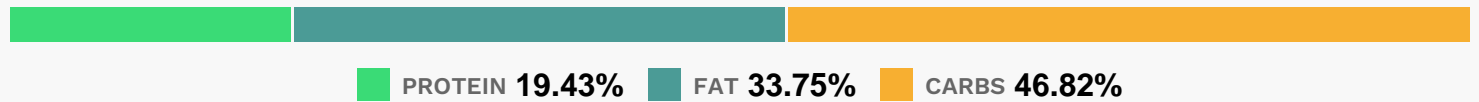
Directions

Combine first 8 ingredients; cover and chill at least 1 hour.

Spread each toast slice with 1/2 teaspoon cheese; top each with 1 tablespoon salmon mixture.

Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.5704347465349%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 105.62kcal (5.28%), Fat: 4.02g (6.19%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 11.5g (4.18%), Sugar: 0.12g (0.14%), Cholesterol: 8.38mg (2.79%), Sodium: 298.52mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin D: 2.42µg (16.16%), Vitamin B12: 0.46µg (7.7%), Selenium: 4.62µg (6.6%), Fiber: 1.06g (4.24%), Vitamin K: 3.8µg (3.62%), Vitamin B3: 0.69mg (3.44%), Phosphorus: 24.76mg (2.48%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.29mg (1.96%), Copper: 0.04mg (1.8%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 0.89mg (1.08%), Potassium: 37.46mg (1.07%)