



Smoked Salmon Crostini

READY IN



45 min.

SERVINGS



24

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 pounds bread baguette french toasted ()
- ☐ 0.5 cup garlic-and-herbs spreadable cheese light (such as Alouette)
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 cup fennel bulb chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

☐

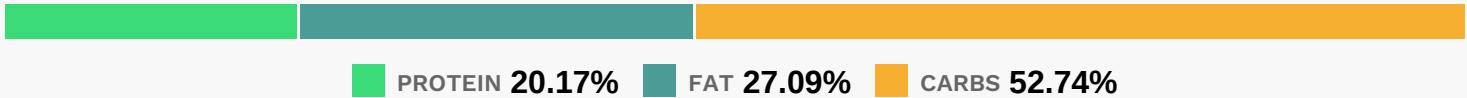
0.8 pound cold-smoked salmon cut into thin strips

Equipment

Directions

- ☐ Combine the 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 fresh dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:8.52, Glycemic Load:11.4, Inflammation Score:-2, Nutrition Score:5.8221739167752%

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: 116.58kcal (5.83%), Fat: 3.53g (5.43%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 14.72g (5.35%), Sugar: 1.43g (1.59%), Cholesterol: 8.38mg (2.79%), Sodium: 308.54mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Selenium: 12.73µg (18.18%), Vitamin D: 2.42µg (16.16%), Vitamin B1: 0.21mg (13.71%), Vitamin B3: 2.05mg (10.27%), Folate: 36.53µg (9.13%), Manganese: 0.17mg (8.35%), Vitamin B2: 0.14mg (8.07%), Vitamin B12: 0.46µg (7.7%), Iron: 1.27mg (7.06%), Phosphorus: 54.53mg (5.45%), Copper: 0.08mg (3.96%), Vitamin K: 3.99µg (3.8%), Vitamin B6: 0.07mg (3.6%), Magnesium: 12.36mg (3.09%), Fiber: 0.74g (2.96%), Vitamin E: 0.35mg (2.36%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.23mg (2.26%), Potassium: 70.63mg (2.02%), Calcium: 18.5mg (1.85%), Vitamin C: 0.89mg (1.08%)