



## Smoked Salmon, Fennel and Goat Cheese Toasts

READY IN



45 min.

SERVINGS



10

CALORIES



659 kcal

### Ingredients

- ☐ 1 tablespoon fennel seeds crushed finely
- ☐ 30 slices bread thin
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 8 ounces goat cheese fresh soft
- ☐ 0.5 teaspoon pepper black
- ☐ 1 strips lemon zest (for garnish)
- ☐ 2 teaspoons lemon zest grated
- ☐ 2.5 tablespoons olive oil
- ☐ 12 ounces salmon smoked thinly sliced

☐ 1 sprigs tarragon (for garnish)

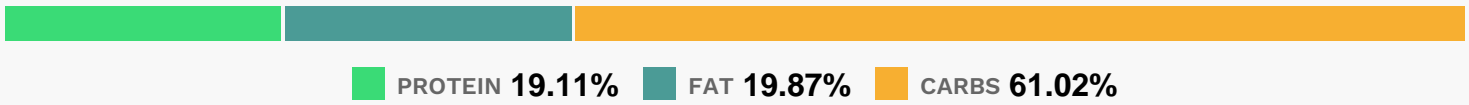
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Mix first 5 ingredients in small bowl to blend. Set aside.
- ☐ Brush oil over both sides of bread. Arrange bread in single layer on large baking sheet.
- ☐ Bake until bread is just crisp, about 5 minutes per side. (Cheese mixture and toasts can be made 2 days ahead. Cover cheese mixture and chill. Cool toasts; store airtight at room temperature.)
- ☐ Spread cheese mixture over toasts. Top with salmon, trimming to fit.
- ☐ Garnish with lemon peel strips and tarragon sprigs. Arrange on platter and serve.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:77.2, Inflammation Score:-8, Nutrition Score:31.243478412214%

## Nutrients (% of daily need)

Calories: 659.1kcal (32.96%), Fat: 14.58g (22.43%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 100.73g (33.58%), Net Carbohydrates: 96.1g (34.95%), Sugar: 9.09g (10.1%), Cholesterol: 18.26mg (6.09%), Sodium: 1507.44mg (65.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Selenium: 66.63µg (95.19%), Vitamin B1: 1.39mg (92.86%), Folate: 243.07µg (60.77%), Manganese: 1.19mg (59.3%), Vitamin B2: 0.96mg (56.46%), Vitamin B3: 11.11mg (55.54%), Iron: 8.78mg (48.75%), Vitamin D: 5.91µg (39.39%), Phosphorus: 322.5mg (32.25%), Copper: 0.55mg (27.64%), Vitamin B6: 0.39mg (19.54%), Magnesium: 78.09mg (19.52%), Vitamin B12: 1.15µg (19.2%), Fiber: 4.63g (18.53%), Zinc: 2.38mg (15.9%), Calcium: 157.9mg (15.79%), Vitamin B5: 1.09mg (10.94%), Potassium: 340.15mg (9.72%), Vitamin E: 1.41mg (9.4%), Vitamin A: 317.98IU (6.36%), Vitamin K: 4.06µg (3.86%), Vitamin C: 1.4mg (1.69%)