



Smoked Salmon in Endive Leaves

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 belgian endive leaves
- 1 tablespoon capers
- 0.5 teaspoon dijon mustard
- 1 tablespoon parsley fresh chopped
- 2 tablespoons juice of lemon fresh
- 1 teaspoon onion minced
- 0.1 teaspoon pepper
- 4 ounces salmon smoked chopped

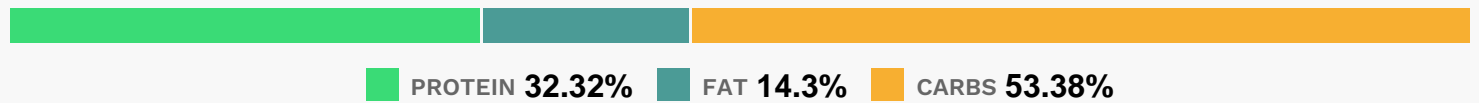
Equipment

bowl

Directions

- Combine first 7 ingredients in a bowl; stir well. Spoon 1 1/2 teaspoons salmon mixture onto each endive leaf.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2491304343161%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 15.07kcal (0.75%), Fat: 0.27g (0.41%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.04g (0.04%), Cholesterol: 1.09mg (0.36%), Sodium: 48.59mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Fiber: 1.67g (6.69%), Vitamin D: 0.81µg (5.39%), Folate: 20.31µg (5.08%), Potassium: 122.86mg (3.51%), Manganese: 0.06mg (2.82%), Vitamin K: 2.84µg (2.7%), Vitamin C: 2.21mg (2.68%), Vitamin B12: 0.15µg (2.57%), Selenium: 1.68µg (2.4%), Vitamin B1: 0.03mg (2.31%), Phosphorus: 21.91mg (2.19%), Copper: 0.04mg (1.99%), Vitamin B6: 0.04mg (1.82%), Magnesium: 6.49mg (1.62%), Vitamin B3: 0.31mg (1.57%), Vitamin B5: 0.12mg (1.21%), Vitamin B2: 0.02mg (1.18%), Calcium: 11.16mg (1.12%), Iron: 0.19mg (1.04%)