



Smoked Salmon Smørrebrød

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sprigs flat parsley
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 tablespoon horseradish fresh finely grated peeled
- ☐ 4 servings pepper
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup potatoes mashed
- ☐ 4 slices pumpernickel bread
- ☐ 2 radishes thinly sliced

- ☐ 2 tablespoons caviar
- ☐ 8 ounces salmon smoked sliced
- ☐ 0.5 cup cream sour

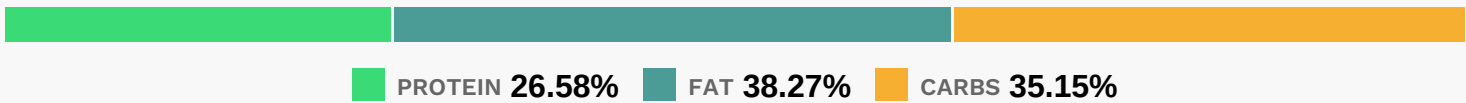
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk potatoes, if using, sour cream, horseradish, dill, parsley, and lemon juice in a small bowl; season with salt and pepper.
- ☐ Spread horseradish sour cream on bread and top with smoked salmon, radishes, roe, if using, dill, and parsley. Season with pepper.

Nutrition Facts



Properties

Glycemic Index:70.69, Glycemic Load:10.73, Inflammation Score:-5, Nutrition Score:17.680869641511%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg 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: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 245.55kcal (12.28%), Fat: 10.49g (16.13%), Saturated Fat: 3.9g (24.41%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 18.95g (6.89%), Sugar: 1.43g (1.58%), Cholesterol: 77.04mg (25.68%), Sodium: 766.71mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.77%), Vitamin D: 9.93µg (66.18%), Vitamin B12: 3.51µg (58.48%), Selenium: 32.61µg (46.59%), Manganese: 0.49mg (24.48%), Phosphorus: 216.07mg (21.61%), Vitamin B3: 3.99mg (19.95%), Vitamin B6: 0.32mg (15.77%), Vitamin B2: 0.26mg (15.45%), Magnesium: 61mg (15.25%), Iron:

2.61mg (14.52%), Copper: 0.27mg (13.38%), Fiber: 2.73g (10.91%), Vitamin B5: 1.08mg (10.84%), Vitamin B1: 0.16mg (10.7%), Folate: 42.04µg (10.51%), Potassium: 335.7mg (9.59%), Calcium: 83.63mg (8.36%), Vitamin C: 6.6mg (8%), Vitamin E: 1.17mg (7.79%), Vitamin A: 327.22IU (6.54%), Zinc: 0.91mg (6.05%), Vitamin K: 5.99µg (5.71%)