



Smoked Salmon Tea Sandwiches

READY IN



40 min.

SERVINGS



50

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 teaspoons pepper black freshly ground
- 5 slices health bread
- 5 tablespoons optional: dill fresh minced
- 5 tablespoons flat-leaf parsley fresh minced
- 1.3 teaspoons garlic minced
- 5 teaspoons kosher salt
- 5 teaspoons juice of lemon freshly squeezed
- 5 tablespoons scallions white green minced (and parts)
- 40 slices salmon smoked

- 2.5 pounds butter unsalted room temperature

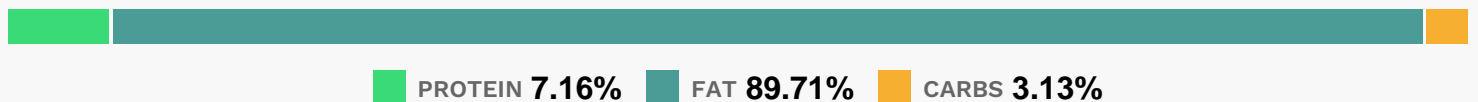
Equipment

- baking sheet
- knife
- blender
- cutting board

Directions

- For the herb butter, combine all the butter ingredients in a mixer fitted with a paddle attachment. Beat until mixed, but do not whip.
- For the sandwiches, have the store slice the bread lengthwise on a meat slicer into 1/4-inch-thick slices. (If that isn't possible, you can slice it crosswise with a very sharp knife.)
- Lay out 40 slices of bread and spread them all with a thin layer of herb butter.
- Place smoked salmon on 20 of the slices. Top with the other 20 slices of bread, butter side down.
- Place the sandwiches on a baking sheet and wrap with plastic. Refrigerate until the butter is very cold.
- Place the sandwiches on a cutting board. With a very sharp knife, cut off the crusts, cut each large sandwich in half crosswise, and then cut each half diagonally twice to make a total of 40 small triangles. (If the bread was cut crosswise, follow the assembly directions, then cut off the crusts and cut diagonally, twice, to make 20 small triangles.)
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:3.99, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:4.1199999840363%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 189.71kcal (9.49%), Fat: 19.22g (29.57%), Saturated Fat: 11.82g (73.87%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.21g (0.23%), Cholesterol: 52.44mg (17.48%), Sodium: 374.1mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Vitamin D: 3.08µg (20.51%), Vitamin A: 623.82IU (12.48%), Vitamin B12: 0.56µg (9.34%), Vitamin K: 9.63µg (9.17%), Selenium: 6.24µg (8.91%), Vitamin E: 0.76mg (5.03%), Vitamin B3: 0.93mg (4.66%), Phosphorus: 36.01mg (3.6%), Vitamin B6: 0.05mg (2.52%), Manganese: 0.05mg (2.37%), Copper: 0.05mg (2.34%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.89%), Iron: 0.29mg (1.59%), Magnesium: 4.96mg (1.24%), Potassium: 43.09mg (1.23%), Calcium: 12.3mg (1.23%), Vitamin B1: 0.02mg (1.16%), Folate: 4.54µg (1.14%), Vitamin C: 0.9mg (1.09%)