



Smoked Salmon Toasts with Crème Fraîche Sauce

READY IN



45 min.

SERVINGS



60

CALORIES



51 kcal

Ingredients

- ☐ 1.5 cups crème fraîche sour
- ☐ 3 tablespoons dijon mustard
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 lemons cut into wedges
- ☐ 2 small shallots peeled halved
- ☐ 1 pound salmon smoked thinly sliced
- ☐ 1 loaf wheat sandwich bread white thinly sliced

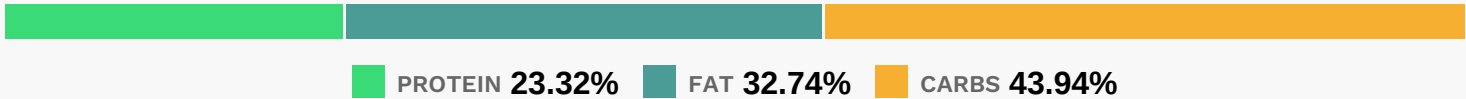
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ In a small bowl, combine the crme frache, mustard, dill, and salt. Cover and refrigerate for up to 1 day.
- ☐ Heat broiler on high. Arrange the bread on 2 baking sheets. Broil until lightly toasted, about 1 1/2 minutes per side.
- ☐ Remove from oven. Rub 1 side of each toast with the cut side of a shallot.
- ☐ Cut each piece of toast on the diagonal twice to form 4 triangles. Top each triangle with a slice of salmon and a dollop of the crme frache mixture.
- ☐ Serve the lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:2.87, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:3.410434777322%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 51.29kcal (2.56%), Fat: 1.89g (2.9%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.85g (1.76%), Sugar: 0.86g (0.96%), Cholesterol: 5.13mg (1.71%), Sodium: 159.47mg (6.93%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Manganese: 0.26mg (12.78%), Vitamin D: 1.29µg (8.62%), Selenium: 5.87µg (8.38%), Vitamin B3: 0.88mg (4.4%), Vitamin B12: 0.26µg (4.31%), Phosphorus: 42.94mg (4.29%), Fiber: 0.85g (3.39%), Vitamin B1: 0.05mg (3.39%), Magnesium: 11.7mg (2.93%), Vitamin C: 2.36mg (2.86%), Calcium: 27.67mg (2.77%), Vitamin B6: 0.05mg (2.74%), Iron: 0.43mg (2.38%), Copper: 0.05mg (2.36%), Vitamin B2: 0.04mg (2.27%), Vitamin B5: 0.18mg (1.76%), Potassium: 60.53mg (1.73%), Zinc: 0.26mg (1.71%), Folate: 6.58µg (1.64%), Vitamin A: 74.33IU (1.49%), Vitamin E: 0.19mg (1.29%)