



Smoked Salmon Toasts with Malt Vinegar Syrup

READY IN



35 min.

SERVINGS



8

CALORIES



231 kcal

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 16 slices crusty baguette (1/)
- ☐ 0.5 cup crème fraîche
- ☐ 4 inch thyme sprigs fresh
- ☐ 1.5 tablespoons honey
- ☐ 0.3 cup malt vinegar
- ☐ 0.3 pound salmon smoked thinly sliced

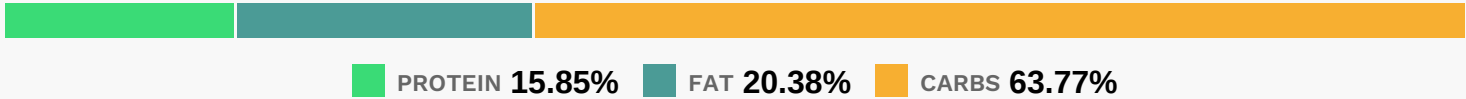
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Put baguette slices on a baking sheet and bake until pale golden, 10 to 12 minutes. Cool.
- ☐ While bread is toasting, boil cider, vinegar, honey, and thyme in a small, nonreactive saucepan until syrupy and reduced to about 1/4 cup, about 10 minutes. Cool to room temperature.
- ☐ Spread toasts with crème fraîche and top with salmon.
- ☐ Drizzle with malt syrup.
- ☐ •Bread can be toasted 1 day ahead and kept in an airtight container at room temperature. Make sure toasts are completely cool before storing them. If they soften slightly overnight, just re-warm them in a 300°F oven for a few minutes. •Syrup can be made 3 days ahead and kept chilled, covered. Bring to room temperature before using.

Nutrition Facts



Properties

Glycemic Index:32.47, Glycemic Load:23.49, Inflammation Score:-4, Nutrition Score:9.2521739809409%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 231.05kcal (11.55%), Fat: 5.17g (7.95%), Saturated Fat: 1.94g (12.09%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 34.99g (12.72%), Sugar: 8.15g (9.05%), Cholesterol: 11.74mg (3.91%), Sodium: 512.02mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.09%), Vitamin B1: 0.38mg (25.45%), Selenium: 16.22µg (23.17%), Vitamin B3: 3.6mg (18.02%), Folate: 69.73µg (17.43%), Vitamin D: 2.42µg (16.16%), Manganese: 0.32mg (16.01%), Vitamin B2: 0.25mg (14.6%), Iron: 2.38mg (13.24%), Phosphorus: 96.53mg (9.65%), Calcium: 85.37mg (8.54%), Vitamin B12: 0.49µg (8.2%), Copper: 0.12mg (5.83%), Vitamin B6: 0.12mg (5.78%), Fiber: 1.39g (5.55%),

Magnesium: 21.6mg (5.4%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.61mg (4.07%), Potassium: 139.54mg (3.99%),
Vitamin E: 0.43mg (2.89%), Vitamin A: 104.41IU (2.09%), Vitamin K: 2.15µg (2.05%)