



Smoked Salmon Triangles

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons caraway seeds
- ☐ 2 tablespoons chives chopped
- ☐ 8 ounces cream cheese
- ☐ 12 slices pumpernickel bread thin
- ☐ 8 ounces salmon smoked thinly sliced

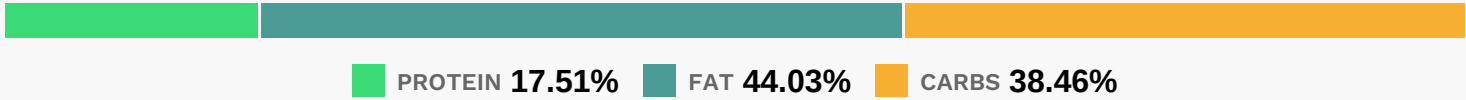
Equipment

- ☐ bowl

Directions

- ☐ Cut bread slices in half on the diagonal. In a small bowl, combine cream cheese and caraway seeds.
- ☐ Spread evenly over the bread and top with thinly sliced smoked salmon.
- ☐ Sprinkle with chopped chives and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:11.45, Inflammation Score:-5, Nutrition Score:12.003043493499%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 254.28kcal (12.71%), Fat: 12.54g (19.3%), Saturated Fat: 6.2g (38.77%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 21.32g (7.75%), Sugar: 1.34g (1.49%), Cholesterol: 35.15mg (11.72%), Sodium: 597.47mg (25.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.45%), Selenium: 23.45µg (33.5%), Vitamin D: 4.85µg (32.32%), Manganese: 0.64mg (32.18%), Phosphorus: 165.54mg (16.55%), Vitamin B12: 0.99µg (16.44%), Vitamin B3: 2.87mg (14.35%), Vitamin B2: 0.24mg (14.29%), Fiber: 3.33g (13.31%), Folate: 48.6µg (12.15%), Vitamin B1: 0.17mg (11.5%), Copper: 0.21mg (10.69%), Iron: 1.74mg (9.68%), Vitamin A: 439.86IU (8.8%), Magnesium: 35.18mg (8.79%), Vitamin B6: 0.16mg (7.9%), Calcium: 67.39mg (6.74%), Zinc: 0.97mg (6.48%), Vitamin B5: 0.6mg (6.05%), Vitamin E: 0.84mg (5.61%), Potassium: 195.85mg (5.6%), Vitamin K: 2.61µg (2.48%)