



Smoked Salmon-Wasabi Tea Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

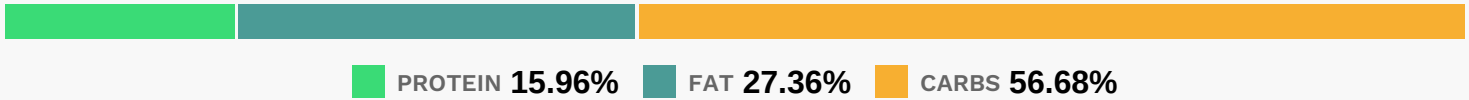
- ☐ 0.5 avocado pitted chopped
- ☐ 1.5 tablespoons chives fresh chopped (such as Roland)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 slices onion red thin
- ☐ 2 ounces salmon smoked thinly sliced
- ☐ 0.5 teaspoon wasabi paste
- ☐ 8 slices bread white very thin

Equipment

Directions

- ☐ Combine avocado, wasabi, and lime juice; mash with a fork until smooth.
- ☐ Spread 1 tablespoon avocado mixture on 4 bread slices. Top with smoked salmon and red onion.
- ☐ Top with 4 remaining bread slices; cut in half diagonally to form triangles.
- ☐ Spread one side of shorter edge of triangle with avocado mixture; dip edge into chives or sesame seeds, pressing to coat.
- ☐ Transfer to a platter; serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:18.02, Inflammation Score:-4, Nutrition Score:10.463913005331%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 199.34kcal (9.97%), Fat: 6.13g (9.43%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 25.4g (9.24%), Sugar: 3.51g (3.9%), Cholesterol: 3.26mg (1.09%), Sodium: 352.16mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Selenium: 16.38µg (23.4%), Folate: 80.46µg (20.12%), Vitamin B1: 0.28mg (18.84%), Manganese: 0.36mg (17.97%), Vitamin B3: 3.52mg (17.6%), Vitamin D: 2.42µg (16.16%), Fiber: 3.16g (12.65%), Calcium: 115.65mg (11.57%), Iron: 2mg (11.09%), Vitamin B2: 0.17mg (10.2%), Phosphorus: 98.55mg (9.85%), Vitamin B6: 0.17mg (8.57%), Vitamin B12: 0.46µg (7.7%), Vitamin B5: 0.77mg (7.67%), Copper: 0.15mg (7.58%), Vitamin K: 7.87µg (7.49%), Vitamin C: 5.59mg (6.77%), Potassium: 236.87mg (6.77%), Magnesium: 25.94mg (6.49%), Vitamin E: 0.83mg (5.57%), Zinc: 0.69mg (4.59%), Vitamin A: 100.86IU (2.02%)