



Smoked Salmon with Avocado and Wasabi Cream Cheese Finger Sandwiches

READY IN



15 min.

SERVINGS



24

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cream cheese at room temperature
- ☐ 1 haas avocados ripe
- ☐ 0.5 optional: lemon
- ☐ 24 slices party pumpernickel bread
- ☐ 16 ounces salmon smoked thinly sliced
- ☐ 3 tablespoons wasabi paste to taste

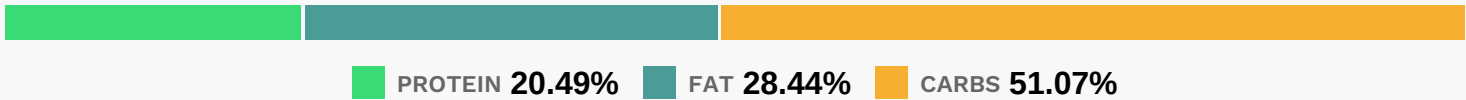
Equipment

☐ bowl

Directions

- ☐ Mix the wasabi with the cream cheese in a small bowl.
- ☐ Spread the bread slices with a thin, even layer of the mixture.
- ☐ Cut the avocado in half lengthwise and twist the 2 halves apart and remove the pit. Use a spoon to remove the avocado flesh in 1 piece. Slice each avocado half in 1/8-inch slices.
- ☐ Place the avocado slices in a bowl and squeeze juice from 1/2 lemon over avocado slices and toss gently.
- ☐ Cover each bread slice with a single layer of avocado slices. Top with a piece of salmon.
- ☐ Serve as soon as possible.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:7.49, Inflammation Score:-3, Nutrition Score:8.0347824718641%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 129.24kcal (6.46%), Fat: 4.14g (6.37%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 13.89g (5.05%), Sugar: 0.4g (0.44%), Cholesterol: 7.53mg (2.51%), Sodium: 349.74mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Manganese: 0.44mg (22.05%), Vitamin D: 3.23µg (21.55%), Selenium: 14.28µg (20.4%), Fiber: 2.85g (11.4%), Vitamin B12: 0.62µg (10.38%), Vitamin B3: 2.05mg (10.23%), Phosphorus: 97.54mg (9.75%), Folate: 37.79µg (9.45%), Vitamin B2: 0.14mg (8.08%), Vitamin B1: 0.12mg (7.91%), Copper: 0.16mg (7.78%), Iron: 1.16mg (6.45%), Magnesium: 24.87mg (6.22%), Vitamin B6: 0.12mg (6.15%), Potassium: 158.17mg (4.52%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.63mg (4.22%), Vitamin E: 0.59mg (3.96%),

Vitamin C: 2.82mg (3.41%), Calcium: 30.89mg (3.09%), Vitamin K: 2.1µg (2%), Vitamin A: 72.16IU (1.44%)