



Smoked Salmon with Black Olives and Alfalfa Sprouts

READY IN



45 min.

SERVINGS



24

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup alfalfa sprouts
- 0.8 cup herbed cream cheese softened
- 12 kalamata olives pitted cut in half
- 4 slices pumpernickel bread dark
- 4 ounces salmon smoked thinly sliced

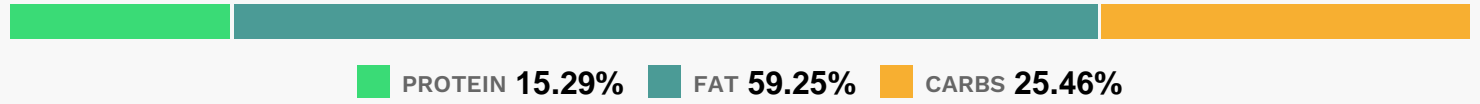
Equipment

- cutting board

Directions

- Place bread slices on a large cutting board.
- Spread cream cheese evenly onto bread slices. Top cream cheese with salmon.
- Cut each bread slice into 6 squares. Top each with alfalfa sprouts and an olive half.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:1.8091304318412%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.75kcal (2.34%), Fat: 3.12g (4.8%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.59g (0.94%), Sugar: 0.31g (0.34%), Cholesterol: 8.25mg (2.75%), Sodium: 122.35mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin D: 0.81µg (5.39%), Selenium: 3.47µg (4.96%), Manganese: 0.07mg (3.62%), Vitamin B12: 0.17µg (2.83%), Phosphorus: 25.39mg (2.54%), Vitamin B2: 0.04mg (2.26%), Vitamin A: 108.31IU (2.17%), Vitamin B3: 0.4mg (2.01%), Fiber: 0.43g (1.7%), Copper: 0.03mg (1.55%), Folate: 6µg (1.5%), Vitamin E: 0.22mg (1.49%), Vitamin B1: 0.02mg (1.41%), Calcium: 12.29mg (1.23%), Vitamin B6: 0.02mg (1.23%), Iron: 0.22mg (1.21%), Magnesium: 4.77mg (1.19%), Vitamin B5: 0.11mg (1.07%)