



Smoked Salmon with Crème Fraîche Sauce on Shallot Toasts

READY IN



45 min.

SERVINGS



30

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 sandwich bread white thinly sliced
- ☐ 2 cups cream sour
- ☐ 3 tablespoons dijon mustard
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 4 optional: lemon halved sliced
- ☐ 1.5 pounds salmon smoked
- ☐ 4 shallots peeled halved

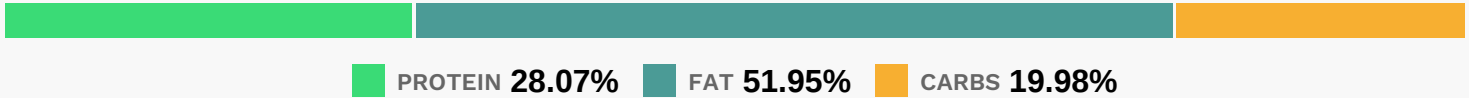
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Combine the creme frache, mustard, dill, and salt. Cover and refrigerate up to 1 day ahead.
- ☐ Heat broiler. Arrange the bread slices on baking sheets. Toast until lightly browned; turn and toast the other sides.
- ☐ Remove from oven and rub 1 side of the toasts with a cut shallot.
- ☐ Cut each slice into 4 triangles.
- ☐ Serve with the salmon, sauce, toasts, and lemon slices.Note: Salmon is expensive, but it's elegant when served on a big platter and guests make their own open-face sandwiches.
- ☐ Mix leftover salmon and sauce with cooked spaghetti the next day.

Nutrition Facts



Properties

Glycemic Index:5.91, Glycemic Load:0.97, Inflammation Score:-2, Nutrition Score:5.010000002125%

Flavonoids

Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg Hesperetin: 4.02mg, Hesperetin: 4.02mg, Hesperetin: 4.02mg, Hesperetin: 4.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 69.22kcal (3.46%), Fat: 4.12g (6.34%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.26g (1.39%), Cholesterol: 14.26mg (4.75%), Sodium: 285.69mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin D: 3.88µg (25.85%), Vitamin B12: 0.77µg

(12.86%), Selenium: 8.91µg (12.73%), Vitamin C: 8.71mg (10.56%), Vitamin B3: 1.21mg (6.03%), Phosphorus: 57.17mg (5.72%), Vitamin B6: 0.1mg (4.82%), Vitamin A: 180.1IU (3.6%), Vitamin B2: 0.06mg (3.5%), Copper: 0.07mg (3.38%), Vitamin B5: 0.3mg (3.02%), Calcium: 29.1mg (2.91%), Potassium: 99.86mg (2.85%), Vitamin E: 0.4mg (2.64%), Iron: 0.46mg (2.57%), Fiber: 0.63g (2.52%), Manganese: 0.05mg (2.29%), Magnesium: 9.07mg (2.27%), Vitamin B1: 0.03mg (1.85%), Folate: 7.22µg (1.81%), Zinc: 0.17mg (1.16%)