



Smoked-Trout-and-Caper-Cream-Cheese Toasts

READY IN



20 min.

SERVINGS



20

CALORIES



71 kcal

Ingredients

- ☐ 1 tablespoon capers drained chopped
- ☐ 1 tablespoon chives chopped for garnish
- ☐ 4 ounces cream cheese softened
- ☐ 5 muffins english toasted
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 20 servings salt and pepper freshly ground
- ☐ 1 small shallots minced
- ☐ 0.5 pound trout fillet smoked skinless coarsely chopped

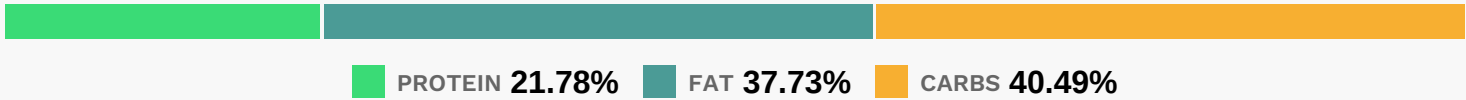
Equipment

☐ bowl

Directions

- ☐ In a bowl, combine the cream cheese, shallot, chopped chives, capers and lemon juice. Season with salt and pepper.
- ☐ Spread the English muffins with the caper cream cheese. Top with the smoked trout, garnish with the chive pieces and serve.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:3.0326086878777%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 71.32kcal (3.57%), Fat: 2.96g (4.56%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.71g (2.44%), Sugar: 0.33g (0.37%), Cholesterol: 12.3mg (4.1%), Sodium: 294.85mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin B12: 0.9µg (15.03%), Manganese: 0.15mg (7.66%), Phosphorus: 53.74mg (5.37%), Vitamin B1: 0.07mg (4.53%), Vitamin B2: 0.07mg (4.32%), Vitamin B3: 0.75mg (3.73%), Vitamin B5: 0.32mg (3.21%), Vitamin D: 0.44µg (2.95%), Selenium: 1.94µg (2.77%), Copper: 0.04mg (2.19%), Potassium: 72.68mg (2.08%), Folate: 8.08µg (2.02%), Calcium: 18.71mg (1.87%), Vitamin B6: 0.04mg (1.85%), Iron: 0.33mg (1.83%), Vitamin A: 89.79IU (1.8%), Fiber: 0.44g (1.77%), Magnesium: 6.51mg (1.63%), Zinc: 0.21mg (1.41%)