



## Smoked Trout and Pecan Crostini

READY IN



26 min.

SERVINGS



18

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 ounce cream cheese softened
- 1 baguette french sliced into 1/3
- 2 teaspoons garlic minced
- 2 teaspoons horseradish prepared
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil
- 0.5 cup pecans toasted chopped
- 1 shallots quartered

- 0.5 cup cup heavy whipping cream sour
- 8 ounce trout smoked ( 2 fillets)

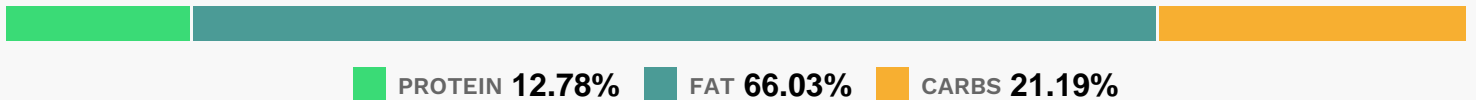
## Equipment

- food processor
- baking sheet
- oven

## Directions

- Combine first 8 ingredients in a food processor; process until smooth. Chill 1 hour or up to 1 week.
- Serve at room temperature.
- Combine olive oil and garlic; brush both sides of bread slices with garlic oil; arrange slices on baking sheets.
- Bake at 400 for 8 minutes or until crisp and golden. Cool completely.
- Serve with spread.

## Nutrition Facts



## Properties

Glycemic Index:13.1, Glycemic Load:4.89, Inflammation Score:-2, Nutrition Score:5.4830435099809%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 161.08kcal (8.05%), Fat: 11.98g (18.43%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.98g (2.9%), Sugar: 1.66g (1.85%), Cholesterol: 23.8mg (7.93%), Sodium: 136.57mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin B12: 1.02µg (17.04%), Manganese: 0.33mg (16.38%), Vitamin B1: 0.15mg (10.07%), Selenium: 5.5µg (7.85%), Vitamin B2: 0.13mg (7.7%), Phosphorus: 72.52mg (7.25%), Vitamin B3: 1.26mg (6.3%), Folate: 19.82µg (4.96%), Vitamin E: 0.68mg (4.51%), Iron: 0.81mg (4.51%), Vitamin A: 218.4IU (4.37%), Vitamin B5: 0.43mg (4.26%), Calcium: 42.6mg (4.26%), Copper: 0.08mg (4.19%), Vitamin B6: 0.07mg (3.3%), Vitamin D: 0.49µg (3.28%), Magnesium: 12.54mg (3.13%), Potassium: 109.57mg (3.13%), Zinc: 0.43mg (2.86%), Vitamin K: 2.82µg (2.68%), Fiber: 0.67g (2.68%), Vitamin C: 1.15mg (1.4%)