



Smoked Trout and Watercress Tea Sandwiches

READY IN



25 min.

SERVINGS



25

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon capers drained chopped
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup heavy whipping cream sour
- ☐ 1 cup trout smoked skinless flaked

- ☐ 1.5 cups torn watercress leaves
- ☐ 0.5 oz bread white thin

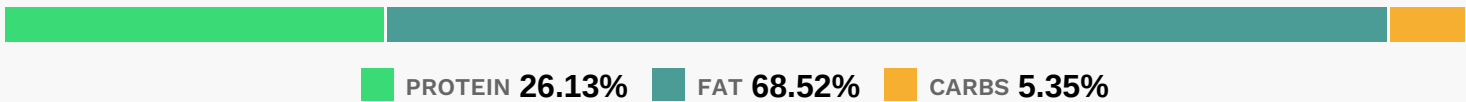
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 7 ingredients in a medium bowl. Gently fold in trout.
- ☐ Spread 1/4 cup trout mixture onto 1 side of each of 6 bread slices. Top each with 1/4 cup watercress. Top with remaining bread slices.
- ☐ Cut sandwiches diagonally into quarters.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.8160869504285%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 34.26kcal (1.71%), Fat: 2.58g (3.98%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.13g (0.14%), Cholesterol: 12.33mg (4.11%), Sodium: 27.71mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin K: 9.06µg (8.63%), Selenium: 4.72µg (6.74%), Vitamin B12: 0.34µg (5.58%), Phosphorus: 34.58mg (3.46%), Vitamin B6: 0.05mg (2.41%), Vitamin A: 97.43IU (1.95%), Vitamin B2: 0.03mg (1.65%), Vitamin B3: 0.31mg (1.56%), Potassium: 52.57mg (1.5%), Vitamin C: 1.03mg (1.25%), Magnesium: 4.72mg (1.18%), Vitamin B5: 0.1mg (1.03%)