



Smoked Trout, Crème Fraîche & Pickled Onion

READY IN



45 min.

SERVINGS



12

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 servings chervil
- ☐ 0.5 cup crème fraîche
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest
- ☐ 12 slices pumpernickel bread
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 12 ounces trout smoked

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup water hot

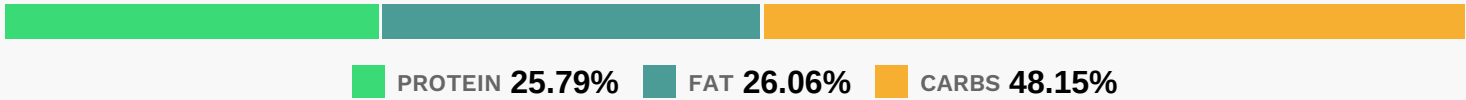
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine onions, vinegar, sugar, and kosher salt with 1/4 cup hot water in a bowl; let pickle for 30 minutes.
- ☐ Grill bread slices.
- ☐ Combine lemon zest, freshly ground black pepper, and crème fraîche in a bowl.
- ☐ Spoon crème fraîche mixture onto toasts. Top each with about 1 ounce smoked trout and a few slices drained pickled onions.
- ☐ Garnish with chervil or dill.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:8.12, Inflammation Score:-3, Nutrition Score:8.347391422676%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 145.36kcal (7.27%), Fat: 4.21g (6.48%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 15.23g (5.54%), Sugar: 1.64g (1.83%), Cholesterol: 35.7mg (11.9%), Sodium: 313.2mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Selenium: 21.78µg (31.12%), Manganese: 0.46mg (22.86%), Vitamin B12: 1µg (16.68%), Phosphorus: 161.2mg (16.12%), Vitamin B2: 0.18mg (10.62%), Vitamin B6: 0.19mg (9.45%), Vitamin B3: 1.89mg (9.43%), Fiber: 2.28g (9.11%), Folate: 35.44µg (8.86%), Vitamin B1: 0.13mg (8.77%), Magnesium: 31.56mg (7.89%), Iron: 1.38mg (7.67%), Potassium: 257.5mg (7.36%), Copper: 0.11mg (5.61%), Calcium:

52.83mg (5.28%), Zinc: 0.77mg (5.11%), Vitamin B5: 0.41mg (4.12%), Vitamin A: 151.18IU (3.02%), Vitamin C: 1.07mg (1.3%), Vitamin E: 0.17mg (1.15%)