



## Smoked Trout Crostini

READY IN



30 min.

SERVINGS



48

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 crusty baguette
- 48 servings pepper black freshly ground
- 0.5 cup crème fraîche
- 2 tablespoons tarragon fresh finely chopped
- 1 cup apples i use 2 granny smith apples peeled (from 1 medium apple)
- 48 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 1 teaspoon lemon zest packed finely grated (from 1 medium lemon)
- 2 tablespoons olive oil

12 ounces trout smoked skinless

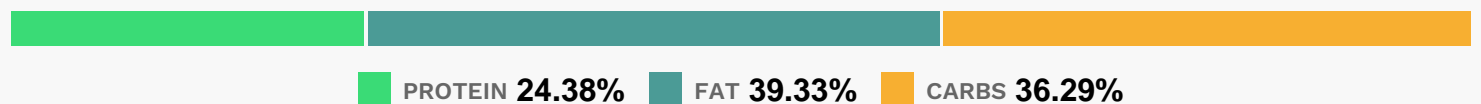
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- serrated knife

## Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Place the trout in a large bowl and break it up into bite-size pieces.
- Add the apple, crème fraîche, tarragon, lemon zest, and lemon juice and stir to combine. Taste and season with salt and pepper as needed; set aside. Using a serrated knife, cut the baguette crosswise on a slight bias into 1/4-inch-thick slices (you should have about 48 pieces).
- Place the bread slices on a baking sheet, lightly brush them with the oil, and season with salt and pepper.
- Bake until golden brown, about 10 to 12 minutes.
- Transfer the toasts to a wire rack and cool completely. When ready to serve, top the toasts with the smoked trout salad. Beverage pairing: Domaine du Closel Savennières "La Jalousie," France. Savennières is an appellation in France's Loire region. The wine is made from Chenin Blanc, a grape that because of its light fruitiness and touch of earth goes wonderfully with a freshwater fish as subtle and earthy as trout.

## Nutrition Facts



## Properties

Glycemic Index:4.29, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:1.74347827227222%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## **Nutrients (% of daily need)**

Calories: 35.37kcal (1.77%), Fat: 1.55g (2.38%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.61g (0.67%), Cholesterol: 8.93mg (2.98%), Sodium: 232.21mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Selenium: 4.32µg (6.17%), Vitamin B12: 0.25µg (4.17%), Manganese: 0.06mg (3.16%), Phosphorus: 30.91mg (3.09%), Vitamin B1: 0.04mg (2.47%), Vitamin B6: 0.05mg (2.39%), Vitamin B3: 0.48mg (2.38%), Vitamin B2: 0.04mg (2.37%), Folate: 7.1µg (1.78%), Iron: 0.32mg (1.77%), Potassium: 53.78mg (1.54%), Magnesium: 5.77mg (1.44%), Calcium: 13.57mg (1.36%)