



WHATSheATE



Smoked Trout Crostini with Grilled Fennel and Red Onion

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20.5 inch thick diagonal crusty baguette
- ☐ 10 inch wedges fennel bulb fresh for garnish (from 2 large bulbs)
- ☐ 10 servings olive oil
- ☐ 10 inch wedges onion red (from 2 large onions)
- ☐ 13.5 ounce trout smoked skinless

Equipment

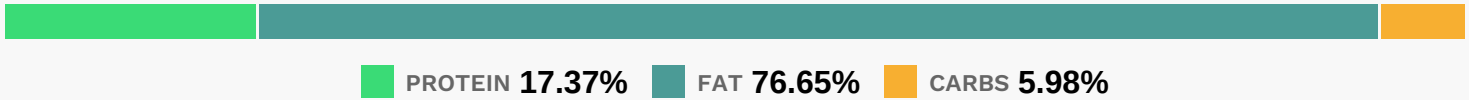
- ☐ baking sheet

- ☐ grill
- ☐ broiler

Directions

- ☐ On separate baking sheets, arrange bread and vegetables; brush both sides with oil and sprinkle with salt and pepper.
- ☐ Prepare barbecue (medium-high heat) or preheat broiler. Grill or broil bread until crisp, about 2 minutes per side if grilled, and 1 to 2 minutes per side if broiled. Grill or broil vegetables until golden and just tender, about 4 minutes per side if grilled, and 3 to 4 minutes per side if broiled. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Arrange bread, vegetables, and trout on large platter.
- ☐ Garnish with fennel fronds.
- ☐ Serve, allowing guests to assemble crostini.
- ☐ * Available at some supermarkets and at specialty foods stores and delicatessens.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:8.119130352269%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 195.69kcal (9.78%), Fat: 16.68g (25.66%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.45g (0.5%), Cholesterol: 22.2mg (7.4%), Sodium: 53.78mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17.01%), Vitamin B12: 2.98µg (49.69%), Manganese:

0.36mg (17.9%), Vitamin E: 2.12mg (14.15%), Vitamin B1: 0.17mg (11.05%), Phosphorus: 100.72mg (10.07%), Vitamin D: 1.49µg (9.95%), Vitamin B3: 1.98mg (9.89%), Vitamin K: 10.23µg (9.74%), Vitamin B2: 0.14mg (8.5%), Selenium: 5.75µg (8.21%), Vitamin B5: 0.77mg (7.71%), Iron: 0.86mg (4.76%), Potassium: 158.98mg (4.54%), Vitamin B6: 0.09mg (4.31%), Copper: 0.08mg (4.05%), Folate: 11.72µg (2.93%), Magnesium: 10.46mg (2.61%), Calcium: 23.89mg (2.39%), Zinc: 0.3mg (2.02%)