



Smoked-Trout Tartine

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 tablespoons butter softened
- 2 tablespoons capers rinsed drained
- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.3 cup mayonnaise
- 2 tablespoons parsley fresh italian chopped
- 2 small plum tomatoes thinly sliced
- 1 tablespoon onion red minced

- 2 rolls french toasted cut in half lengthwise and
- 12 ounces trout smoked flaked
- 1.5 cups watercress

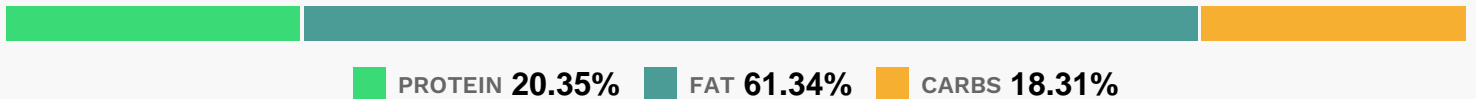
Equipment

- bowl

Directions

- Combine mayonnaise and next 6 ingredients in a medium bowl.
- Add trout; toss gently to combine.
- Spread each half of the rolls with 1 tablespoon butter. Arrange the watercress and tomatoes evenly on each roll half. Top with trout salad, and serve immediately.
- Wine note: "Wow! White Burgundy's lemon flavors strike amazingly together with the red onion, capers, and smoked trout. I select Oliver Leflaive Les Setilles White Burgundy 2003 [\$16]. This is 100 percent Chardonnay. Surprise--there is no oak. The wine is fermented in stainless steel barrels. Look for a taste of Granny Smith apples." --Rosalind Johnson, Divas Uncorked, Massachusetts

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:11.96, Inflammation Score:-7, Nutrition Score:23.084347704183%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg 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: 8.26mg, Kaempferol: 8.26mg, Kaempferol: 8.26mg, Kaempferol: 8.26mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg, Quercetin: 11.46mg

Nutrients (% of daily need)

Calories: 420.95kcal (21.05%), Fat: 28.71g (44.17%), Saturated Fat: 9.84g (61.52%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 17.91g (6.51%), Sugar: 3.56g (3.96%), Cholesterol: 85.31mg (28.44%), Sodium: 488.36mg (21.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Vitamin B12: 6.67µg (111.1%), Vitamin K: 92.21µg (87.82%), Manganese: 0.82mg (40.9%), Iron: 6.97mg (38.71%), Vitamin A: 1248.43IU (24.97%), Phosphorus: 233.26mg (23.33%), Vitamin C: 18.82mg (22.81%), Vitamin D: 3.34µg (22.3%), Vitamin B1: 0.33mg (21.98%), Vitamin B3: 4.11mg (20.57%), Vitamin B2: 0.32mg (18.83%), Vitamin B5: 1.79mg (17.88%), Selenium: 11.38µg (16.26%), Potassium: 459.91mg (13.14%), Vitamin B6: 0.23mg (11.29%), Copper: 0.21mg (10.7%), Vitamin E: 1.32mg (8.8%), Magnesium: 28.83mg (7.21%), Calcium: 70.15mg (7.01%), Folate: 24.81µg (6.2%), Fiber: 1.38g (5.5%), Zinc: 0.71mg (4.73%)