



Smoked Trout with Beet Tea Sandwiches

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce cream cheese softened
- ☐ 1 tablespoon horseradish prepared
- ☐ 2 tablespoon cup heavy whipping cream sour
- ☐ 4 ounce trout & smoked boneless skinless

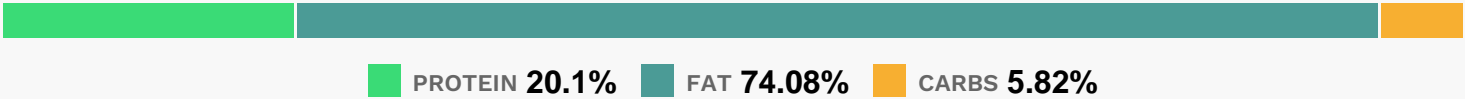
Equipment

- ☐ food processor
- ☐ serrated knife

Directions

- ☐ In a food processor combine cream cheese, sour cream, and horseradish.
- ☐ Add trout and puree.
- ☐ Lay 12 slices of bread in front of you.
- ☐ Spread some of the trout puree in a thin layer on each one.
- ☐ Lay a single layer of beet slices on top of the puree, over hanging the edges slightly.
- ☐ Lay the remaining 12 slices of bread on top forming a sandwich. Working 2 or 3 at a time stack the sandwiches and use a serrated knife to trim the crusts off. Arrange on a platter and serve. May be made up to 3 hours ahead. Store, covered in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.1491304195446%

Nutrients (% of daily need)

Calories: 51.62kcal (2.58%), Fat: 4.27g (6.57%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.52g (0.58%), Cholesterol: 16.21mg (5.4%), Sodium: 40.46mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin B12: 0.76µg (12.69%), Manganese: 0.08mg (4.16%), Phosphorus: 35.17mg (3.52%), Vitamin B2: 0.06mg (3.33%), Selenium: 2.11µg (3.02%), Vitamin A: 144.78IU (2.9%), Vitamin D: 0.37µg (2.46%), Vitamin B5: 0.25mg (2.45%), Vitamin B1: 0.04mg (2.38%), Vitamin B3: 0.44mg (2.2%), Calcium: 15.95mg (1.59%), Potassium: 52.16mg (1.49%), Vitamin B6: 0.03mg (1.3%), Copper: 0.02mg (1.03%)