



Smoky Nibble

READY IN



45 min.

SERVINGS



30

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 servings crème fraîche
- ☐ 30 servings garnish: dill sprigs fresh
- ☐ 30 servings pumpernickel bread party-style
- ☐ 0.5 pound trout smoked boneless

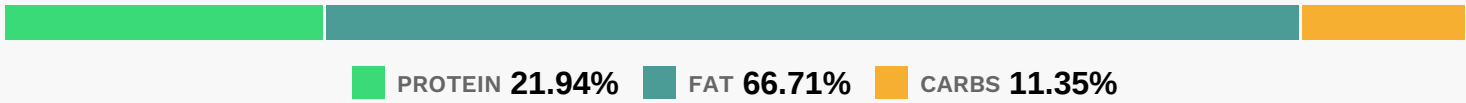
Equipment

Directions

- ☐ Cut trout into bite-size pieces; set aside.

- ☐
- Cut pumpernickel slices into quarters.
- ☐
- Place dollop of crme frache onto each pumpernickel quarter, and top with a piece of trout; garnish with small sprig of fresh dill.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.3765217564676%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 36.36kcal (1.82%), Fat: 2.71g (4.17%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.41g (0.46%), Cholesterol: 15.09mg (5.03%), Sodium: 15.34mg (0.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Selenium: 4.23µg (6.04%), Vitamin B12: 0.29µg (4.78%), Phosphorus: 35.23mg (3.52%), Vitamin B2: 0.04mg (2.3%), Vitamin B6: 0.04mg (2.06%), Vitamin A: 91.17IU (1.82%), Calcium: 14.67mg (1.47%), Potassium: 50.85mg (1.45%), Vitamin B3: 0.26mg (1.32%), Magnesium: 4.82mg (1.2%), Vitamin B5: 0.11mg (1.1%)