



Sockeye Salmon Crostini

READY IN



10 min.

SERVINGS



6

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 0.5 ounce diagonally bread baguette french toasted cut
- ☐ 1 tablespoon capers drained chopped
- ☐ 3 tablespoons crème fraîche
- ☐ 12 small dill sprigs
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 6 ounce sustainable sockeye salmon fillet fresh (such as Alaskan)
- ☐ 2 tablespoons shallots finely chopped

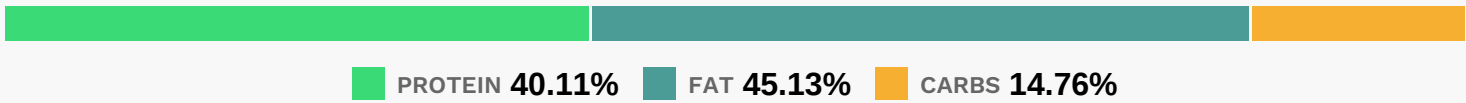
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Place fillet on a foil-lined baking sheet; sprinkle fillet evenly with pepper. Broil 6 minutes or until desired degree of doneness. Cool 2 minutes; flake fillet.
- ☐ Combine shallots and next 4 ingredients (through lemon juice) in a small bowl, stirring well.
- ☐ Place 2 toasted baguette slices on each of 6 small plates. Divide salmon evenly among baguette slices; top each crostini with 1 teaspoon crme frache mixture and 1 dill sprig.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:5.0982608834039%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 62.61kcal (3.13%), Fat: 3.11g (4.79%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.63g (0.7%), Cholesterol: 19.13mg (6.38%), Sodium: 64.08mg (2.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Selenium: 11.31µg (16.16%), Vitamin B12: 0.91µg (15.24%), Vitamin B6: 0.25mg (12.66%), Vitamin B3: 2.41mg (12.07%), Vitamin B2: 0.13mg (7.8%), Phosphorus:

67.97mg (6.8%), Vitamin B5: 0.53mg (5.32%), Vitamin B1: 0.08mg (5.25%), Potassium: 178.27mg (5.09%), Copper: 0.09mg (4.38%), Vitamin A: 205.65IU (4.11%), Manganese: 0.08mg (4.01%), Folate: 14.09µg (3.52%), Magnesium: 12.23mg (3.06%), Vitamin C: 2.51mg (3.05%), Iron: 0.52mg (2.89%), Calcium: 18.87mg (1.89%), Zinc: 0.26mg (1.75%), Fiber: 0.32g (1.27%)