



## Spruce Cured Gravlox with Spruce Pesto Crostini

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



172 kcal

SIDE DISH

### Ingredients

- 0.3 cup peppercorns black
- 0.3 cup walnuts black toasted
- 0.5 cup granulated sugar
- 0.5 cup kosher salt
- 1 teaspoon juice of lemon fresh
- 12 servings rustic bread as needed

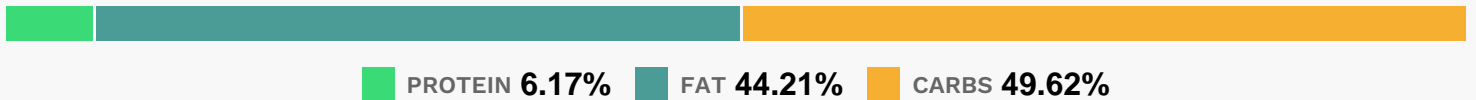
### Equipment

- blender
- plastic wrap
- baking pan

## Directions

- Wash and dry the salmon fillets and remove any pin bones using stainless steel needle-nose pliers.
- Mix together the sugar, salt and peppercorns.
- Lay the salmon skin side down in the baking pan. Rub the sugar mixture into the flesh side of salmon.
- Spread the 1 cup of the minced spruce on top.
- Drizzle vodka over everything, being careful not to wash away the curing mix. Quickly flip the salmon so the skin side is on top. Cover the baking pan with plastic wrap.
- Add the remaining spruce, black walnuts, lemon juice to a blender. With the machine running, slowly drizzle in the olive oil and puree the mixture until a smooth paste is formed. You may not need all the oil. Make the crostini: Slice and toast the bread as needed. Top each slice with some gravlox, a spoonful of the spruce pesto and a garnish of spruce tips (optional).
- Serve.

## Nutrition Facts



## Properties

Glycemic Index: 8.51, Glycemic Load: 6.43, Inflammation Score: -1, Nutrition Score: 4.2091305048569%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 172.24kcal (8.61%), Fat: 8.78g (13.52%), Saturated Fat: 4g (24.98%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 20.05g (7.29%), Sugar: 14.57g (16.19%), Cholesterol: 0mg (0%), Sodium: 4790.88mg (208.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Manganese: 0.74mg (37.13%), Fiber: 2.13g (8.5%),

Vitamin K: 8.14µg (7.75%), Iron: 1.02mg (5.69%), Copper: 0.11mg (5.26%), Vitamin B3: 0.97mg (4.84%), Magnesium: 17.21mg (4.3%), Folate: 14.33µg (3.58%), Potassium: 124.09mg (3.55%), Phosphorus: 28.58mg (2.86%), Calcium: 26.45mg (2.65%), Vitamin B1: 0.03mg (2.33%), Vitamin B2: 0.03mg (1.88%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.11mg (1.13%), Selenium: 0.75µg (1.07%)