

Smoked Salmon Canape's

What's Cooking II

North American Institute of Modern Cuisine

Servings: 24

*1/4 cup mayonnaise
6 bread slices, toasted
6 slices smoked salmon
1/4 cup onion, chopped
3 tablespoons capers
1 tablespoon lemon juice*

Spread the mayonnaise on the toast. Cover with the salmon. Cut into canape's.

Garnish each canape with chopped onion and 3 to 4 capers. Lightly sprinkle with lemon juice. Serve.

*ASSEMBLING CANAPE'S:
Preheat the oven to BROIL. Lightly butter the bread slices. Toast in the oven for two minutes or so per side. Add the topping. Remove the crusts to make straight, even sides. Cut each toast slice into four small, equal triangles.*

Per Serving (excluding unknown items): 59 Calories; 3g Fat (47.4% calories from fat); 4g Protein; 3g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 223mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	59	Vitamin B6 (mg):	.1mg
% Calories from Fat:	47.4%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	22.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	30.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	3mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	6mg	% Refuse:	0.0%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	223mg	Vegetable:	0
Potassium (mg):	49mg	Fruit:	0
Calcium (mg):	10mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): trace
Vitamin A (i.u.): 25IU
Vitamin A (r.e.): 7RE

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 59 Calories from Fat: 28

% Daily Values*

Total Fat	3g	5%
Saturated Fat	1g	3%
Cholesterol	6mg	2%
Sodium	223mg	9%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	4g	
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Vitamin A		1%
Vitamin C		1%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.