



## Creamy cucumber with gravadlax

READY IN



25 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 large cucumber
- 1 small fennel bulb
- 2 tbsp double cream
- 2 tsp citrus champagne vinegar
- 1 tsp dijon mustard
- 1 small bunch optional: dill roughly chopped
- 300 g gravlax cure
- 4 servings bread

## Equipment

- bowl
- sieve
- colander

## Directions

- Peel alternate strips of skin off the cucumber and halve lengthways. Scoop away the seeds with a teaspoon, slice the cucumber on an angle, then place in a colander or sieve set above a bowl.
- Remove the outer layer of fennel and quarter the bulb.
- Cut away the core, then slice the fennel as finely as possible. Tip the fennel in with the cucumber, season generously with salt, then leave to macerate for 10 mins.
- When the vegetables have been salted, taste a piece of cucumber. If its too salty, give them a rinse. But if its fine, then just squeeze them gently. In a separate bowl, stir together the cream, vinegar, mustard and dill, and season with a grind of black pepper. Toss the vegetables into the creamy dressing and serve with a few slices of gravadlax, a sprinkling of dill and some buttered brown bread.

## Nutrition Facts



## Properties

Glycemic Index:41.42, Glycemic Load:8.33, Inflammation Score:-3, Nutrition Score:8.8278261170439%

## Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 290.9kcal (14.55%), Fat: 14.69g (22.61%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 16.89g (6.14%), Sugar: 6.12g (6.8%), Cholesterol: 45.97mg (15.32%), Sodium: 764.69mg

(33.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.41%), Vitamin K: 40.89µg (38.94%), Manganese: 0.48mg (24.03%), Selenium: 9.16µg (13.08%), Fiber: 3.24g (12.95%), Folate: 45.26µg (11.31%), Vitamin C: 8.47mg (10.27%), Vitamin B3: 1.97mg (9.84%), Potassium: 341.09mg (9.75%), Vitamin B1: 0.14mg (9.05%), Iron: 1.57mg (8.71%), Phosphorus: 78.79mg (7.88%), Calcium: 74.97mg (7.5%), Magnesium: 26.99mg (6.75%), Vitamin B2: 0.11mg (6.69%), Copper: 0.11mg (5.36%), Vitamin B5: 0.47mg (4.73%), Vitamin A: 234.58IU (4.69%), Vitamin B6: 0.08mg (4.02%), Zinc: 0.5mg (3.31%), Vitamin E: 0.48mg (3.18%)