



Cucumber-Avocado Salad with Smoked Trout



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado pitted peeled halved
- ☐ 1 medium cucumber
- ☐ 4 servings optional: dill fresh
- ☐ 1.5 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 medium cucumber
- ☐ 6 ounces trout smoked

☐ 3 tablespoons rice vinegar

Equipment

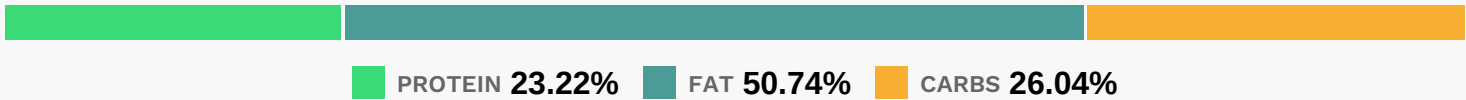
☐ bowl

☐ whisk

Directions

- ☐ Peel and halve all cucumbers lengthwise, then remove seeds, reserving 1 cup peel and 1/4 cup seeds.
- ☐ Cut cucumbers into 1 1/2x1/4-inch strips.
- ☐ Place in medium bowl. Finely chop reserved cucumber peel and seeds in processor.
- ☐ Add 1/4 cup of chopped peel mixture to bowl with cucumber strips.
- ☐ Whisk vinegar, dill, and honey in small bowl to blend.
- ☐ Add to cucumber strips and toss to coat.
- ☐ Using fork, mash avocado in another small bowl; mix in lemon juice. Season with salt and pepper.
- ☐ Add avocado to cucumber mixture and toss to blend. Season to taste with salt and pepper.
- ☐ Divide cucumber salad among 4 plates. Arrange smoked trout alongside.
- ☐ Garnish with dill sprigs.

Nutrition Facts



Properties

Glycemic Index:50.57, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:14.688695617344%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 180.2kcal (9.01%), Fat: 10.45g (16.07%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 7.62g (2.77%), Sugar: 6.79g (7.54%), Cholesterol: 24.66mg (8.22%), Sodium: 29.27mg (1.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin B12: 3.31µg (55.21%), Manganese: 0.56mg (27.88%), Vitamin K: 21.45µg (20.43%), Vitamin B5: 1.89mg (18.93%), Fiber: 4.45g (17.78%), Potassium: 609.64mg (17.42%), Folate: 68.32µg (17.08%), Phosphorus: 163.03mg (16.3%), Vitamin B1: 0.23mg (15.33%), Vitamin B6: 0.29mg (14.7%), Vitamin B2: 0.25mg (14.5%), Copper: 0.29mg (14.29%), Vitamin B3: 2.86mg (14.28%), Vitamin C: 11.27mg (13.66%), Vitamin D: 1.66µg (11.06%), Magnesium: 42.53mg (10.63%), Selenium: 5.81µg (8.31%), Vitamin E: 1.17mg (7.83%), Iron: 1.29mg (7.17%), Zinc: 0.87mg (5.83%), Calcium: 47.13mg (4.71%), Vitamin A: 225.59IU (4.51%)