



## Cucumber Canoes of Salmon Mousse

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



169 kcal

### Ingredients

- 8 ounces cream cheese soft
- 3 tablespoons crème fraîche sour
- 2 cucumbers
- 2 tablespoons pineapple fresh canned drained chopped
- 0.8 pound norwegian salmon smoked
- 8 servings salt and pepper

### Equipment

- food processor
- pastry bag

melon baller

## Directions

In food processor, chop up salmon into a paste.

Add cream cheese, salt and pepper, and creme fraiche to make a mixture loose enough to pipe out into cucumber boats. Peel cucumbers and halve lengthwise. Slice cucumbers into 2-inch lengths. Use melon baller to scoop out the cucumber to make into small canoe-shapes. Spoon salmon mixture into pastry bag fitted with a with star tip, and pipe mixture into each cucumber "canoe." Top with a small amount of pineapple.

## Nutrition Facts

**PROTEIN 23.81%** **FAT 66.83%** **CARBS 9.36%**

## Properties

Glycemic Index:5.25, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:9.1343478223552%

## Nutrients (% of daily need)

Calories: 169.1kcal (8.46%), Fat: 12.59g (19.36%), Saturated Fat: 6.59g (41.16%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.4g (1.23%), Sugar: 2.78g (3.09%), Cholesterol: 41.07mg (13.69%), Sodium: 619.13mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Vitamin D: 7.27µg (48.48%), Vitamin B12: 1.46µg (24.3%), Selenium: 16.47µg (23.53%), Phosphorus: 119.5mg (11.95%), Vitamin B3: 2.08mg (10.38%), Vitamin A: 501.61IU (10.03%), Vitamin B6: 0.18mg (8.85%), Copper: 0.16mg (8.05%), Vitamin B2: 0.14mg (7.96%), Vitamin B5: 0.73mg (7.27%), Potassium: 224.09mg (6.4%), Vitamin K: 6.13µg (5.84%), Vitamin E: 0.86mg (5.72%), Magnesium: 20.22mg (5.05%), Calcium: 47.93mg (4.79%), Folate: 14.36µg (3.59%), Vitamin C: 2.79mg (3.38%), Manganese: 0.07mg (3.3%), Iron: 0.57mg (3.18%), Vitamin B1: 0.04mg (2.95%), Zinc: 0.42mg (2.8%), Fiber: 0.57g (2.29%)