



Cucumber, Carrot and Smoked Salmon Crudités

READY IN



20 min.

SERVINGS



24

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

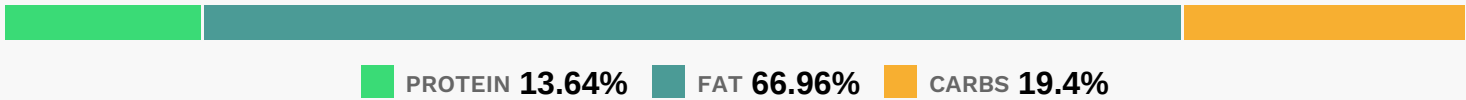
- ☐ 2 ounces salmon finely chopped
- ☐ 0.5 package cream cheese softened (8-ounce size)
- ☐ 0.8 teaspoon dill dried fresh chopped
- ☐ 1 large cucumber cut into 1/4-inch slices (12 slices)
- ☐ 1 large carrots cut into 1/4-inch slices (12 slices)
- ☐ 1 serving round buttery crackers
- ☐ 1 sprigs optional: dill

Equipment

Directions

- ☐ Mix lox, cream cheese and chopped dill weed.
- ☐ Place lox mixture in decorating bag fitted with large star tip; pipe heaping teaspoonful onto each cucumber and carrot slice or cracker. (Or spoon on cream cheese mixture.)
- ☐ Garnish each with dill weed sprig.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:1.4617391526699%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 25.24kcal (1.26%), Fat: 1.9g (2.93%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.53g (0.59%), Cholesterol: 5.3mg (1.77%), Sodium: 41.56mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin A: 577.34IU (11.55%), Vitamin D: 0.4µg (2.69%), Selenium: 1.22µg (1.74%), Vitamin K: 1.67µg (1.59%), Vitamin B12: 0.09µg (1.46%), Phosphorus: 14.41mg (1.44%), Vitamin B2: 0.02mg (1.16%), Potassium: 37.7mg (1.08%), Vitamin B6: 0.02mg (1.01%)