



Cucumber Cups With Creamy Salmon Whip

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



52 kcal

SIDE DISH

Ingredients

- 0.3 cup whipped cream cheese
- 2 large cucumbers english
- 1 tablespoon chives fresh chopped
- 1 tablespoon juice of lemon fresh
- 0.5 cup curd cottage cheese low-fat
- 1 tablespoon nonfat 1%
- 4 scallions white sliced
- 4 ounces salmon smoked thinly sliced

8 servings pepper white freshly ground

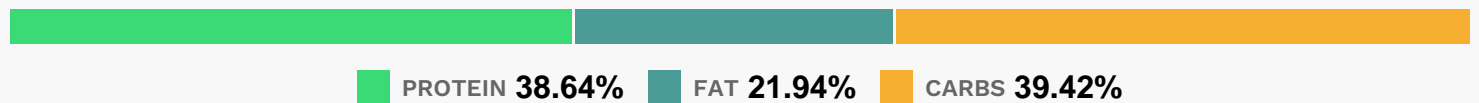
Equipment

food processor

Directions

- Process the cottage cheese and milk in a food processor until smooth.
- Add the scallions, salmon, cream cheese, lemon juice and a pinch of white pepper and process until smooth and creamy. Refrigerate at least 1 hour or overnight.
- Cut the cucumbers into 3/4-inch-thick rounds, discarding the ends. Using a small spoon, scoop the seeds and some of the flesh out of each round to form a small cup.
- Fill each cup with about 2 teaspoons of the salmon whip and sprinkle with the chives. Cover and refrigerate until ready to serve, up to 1 hour.
- Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:5.8573913263238%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 51.99kcal (2.6%), Fat: 1.33g (2.05%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.33g (1.57%), Sugar: 2.07g (2.3%), Cholesterol: 5.34mg (1.78%), Sodium: 171.95mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin K: 25.58µg (24.37%), Vitamin D: 2.45µg (16.35%), Vitamin B12: 0.57µg (9.47%), Selenium: 6.26µg (8.94%), Manganese: 0.16mg (7.97%), Phosphorus: 69.88mg (6.99%), Vitamin C: 4.59mg (5.57%), Potassium: 174mg (4.97%), Copper: 0.09mg (4.58%), Vitamin B6: 0.09mg (4.4%), Vitamin B2: 0.07mg (4.37%), Fiber: 1.07g (4.28%), Magnesium: 16.71mg (4.18%), Iron: 0.73mg (4.08%),

Vitamin B3: 0.8mg (4.02%), Vitamin A: 189.65IU (3.79%), Vitamin B5: 0.37mg (3.69%), Calcium: 36.51mg (3.65%),
Folate: 12.13µg (3.03%), Vitamin B1: 0.03mg (2.18%), Zinc: 0.31mg (2.08%), Vitamin E: 0.26mg (1.76%)