

Cucumber-Salmon Roulade Bites

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup philadelphia chive & onion cream cheese spread
- 1 cucumber english peeled
- 12 sprigs optional: dill fresh
- 1 oz salmon smoked thinly sliced cut into 12 pieces

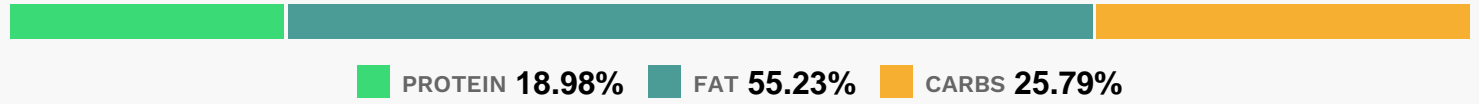
Equipment

- melon baller

Directions

- Cut cucumber into 12 slices.
- Use melon baller to scoop out indentation in center of each.
- Fill with cream cheese spread; top with salmon and dill.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2452173997527%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 21.99kcal (1.1%), Fat: 1.39g (2.14%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.68g (0.75%), Cholesterol: 4.17mg (1.39%), Sodium: 49.3mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin K: 4.92µg (4.69%), Vitamin D: 0.48µg (3.23%), Vitamin A: 106.4IU (2.13%), Vitamin B12: 0.09µg (1.54%), Potassium: 50.83mg (1.45%), Selenium: 1.01µg (1.44%), Manganese: 0.03mg (1.36%), Vitamin C: 1.04mg (1.27%), Calcium: 12.42mg (1.24%), Phosphorus: 12.01mg (1.2%), Magnesium: 4.54mg (1.14%), Vitamin B5: 0.1mg (1.03%), Vitamin B6: 0.02mg (1.02%)