



Ham Salad in Cucumber Cups

 Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



24

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

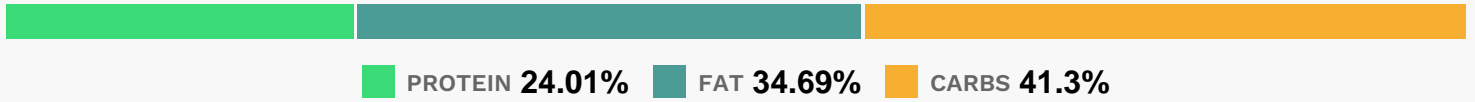
- 2 cucumber seedless
- 0.8 cup ham
- 4 optional: lemon

Equipment

Directions

- Cut tapered ends from cucumbers. Peel lengthwise strips of peel every half inch with citrus stripper.
- Cut cucumbers into 5/8- to 3/4-inch slices. Make indentation in center of each slice, without going all the way through, by scooping with small melon ball cutter.
- Fill each indentation with about 1 teaspoon ham salad.
- Cut each lemon slice into 6 wedges. Top each appetizer with lemon wedge.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.7578260775494%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 18.85kcal (0.94%), Fat: 0.83g (1.27%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.8g (0.88%), Cholesterol: 2.71mg (0.9%), Sodium: 52.79mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin C: 10.34mg (12.53%), Vitamin B1: 0.04mg (2.75%), Fiber: 0.68g (2.72%), Vitamin B6: 0.04mg (2.19%), Potassium: 71.35mg (2.04%), Phosphorus: 17.49mg (1.75%), Vitamin K: 1.8µg (1.71%), Selenium: 1.09µg (1.56%), Folate: 5.61µg (1.4%), Copper: 0.03mg (1.4%), Magnesium: 5.27mg (1.32%), Manganese: 0.02mg (1.21%), Vitamin B2: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.14%), Iron: 0.2mg (1.12%), Vitamin B3: 0.22mg (1.11%), Zinc: 0.15mg (1.03%)