



## Lox and Cream Cheese Stuffed Cucumbers

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

### Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 2 unwaxed cucumbers
- ☐ 1 bunch optional: dill fresh chopped
- ☐ 1 pinch salt and ground pepper fresh
- ☐ 0.5 juice of lemon seeds removed juiced
- ☐ 1 shallots diced
- ☐ 3 ounce salmon smoked chopped
- ☐ 8 ounce cup heavy whipping cream sour

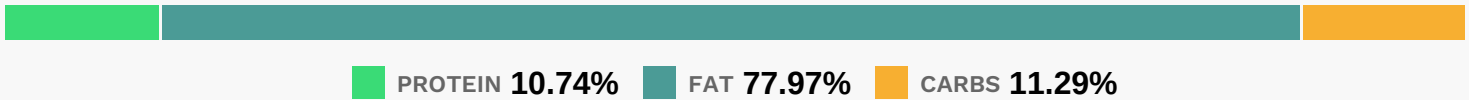
# Equipment

- ☐ bowl
- ☐ pastry bag
- ☐ peeler
- ☐ melon baller

# Directions

- ☐ Using a peeler, create stripes on the outside of the cucumber by peeling along length of cucumber, leaving every other section intact.
- ☐ Cut off ends of cucumber and slice into 1-inch rounds. Using a melon baller, scoop out the seeds and inner flesh from the top 2/3's of each cucumber slice. Do not scoop all of the way through. Set aside. In a bowl, combine equal parts cream cheese and sour cream.
- ☐ Mix in salmon, shallots, lemon juice, salt and pepper, combining thoroughly.
- ☐ Transfer the mixture to a pastry bag with a star 8 tip. Pipe the filling generously into each cucumber section.
- ☐ Garnish with sprig of dill. As an alternative, use red pepper cream cheese.

# Nutrition Facts



# Properties

Glycemic Index:21.75, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:11.0513042678%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

# Nutrients (% of daily need)

Calories: 359.02kcal (17.95%), Fat: 31.68g (48.74%), Saturated Fat: 17.4g (108.75%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 9.05g (3.29%), Sugar: 6.72g (7.47%), Cholesterol: 95.61mg (31.87%), Sodium: 375.94mg

(16.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.64%), Vitamin A: 1260.97IU (25.22%), Vitamin D: 3.64µg (24.24%), Selenium: 14.09µg (20.13%), Phosphorus: 174.34mg (17.43%), Vitamin B2: 0.29mg (16.89%), Vitamin B12: 0.94µg (15.62%), Calcium: 138.67mg (13.87%), Vitamin K: 12.91µg (12.3%), Potassium: 413.51mg (11.81%), Vitamin B5: 1.08mg (10.83%), Vitamin B6: 0.21mg (10.72%), Copper: 0.18mg (9.11%), Vitamin C: 7.47mg (9.06%), Magnesium: 34.28mg (8.57%), Folate: 33.18µg (8.3%), Manganese: 0.15mg (7.37%), Vitamin E: 1.04mg (6.95%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.82mg (5.47%), Vitamin B1: 0.08mg (5.37%), Fiber: 1.27g (5.07%), Iron: 0.71mg (3.93%)