



Salmon and Cucumber Bites

 Gluten Free

READY IN



45 min.

SERVINGS



44

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces crème fraîche
- 12 inch cucumber
- 2 teaspoons optional: dill fresh chopped for garnish
- 2 teaspoons juice of lemon fresh
- 1 teaspoon lemon zest freshly grated
- 0.1 teaspoon pepper
- 4 ounces pre-packaged salmon smoked cut into inch-long strips

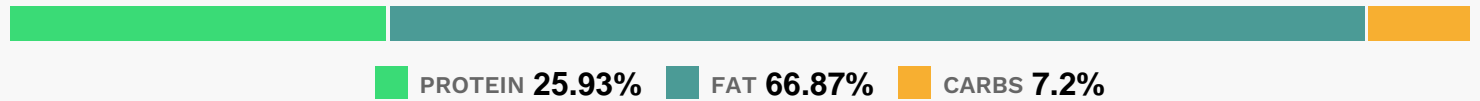
Equipment

bowl

Directions

- Peel and slice cucumber into 1/4-inch slices.
- In a bowl, mix lemon zest, lemon juice, crme frache, and pepper.
- To assemble, top a cucumber slice with a strip of salmon, a dollop (about 1/2 tsp) of crme frache mixture, and garnish with dill.

Nutrition Facts



Properties

Glycemic Index:1.41, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.46043478746129%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 8.93kcal (0.45%), Fat: 0.67g (1.02%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.11g (0.12%), Cholesterol: 2.94mg (0.98%), Sodium: 1.96mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Selenium: 1.04µg (1.48%), Vitamin B12: 0.09µg (1.46%), Vitamin B6: 0.02mg (1.13%), Vitamin B3: 0.21mg (1.03%)