



HEALTH SCORE

59%

Salmon and Cucumber Boats



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 cucumber peeled halved lengthwise seeded (or Persian)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 1.3 cup cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 large cranberry-orange relish
- ☐ 4 slices pumpernickel bread whole-wheat (or pitas)

- ☐ 0.3 teaspoon salt
- ☐ 6 ounces salmon smoked cut into 1/2-inch squares
- ☐ 0.3 pound tomatoes diced

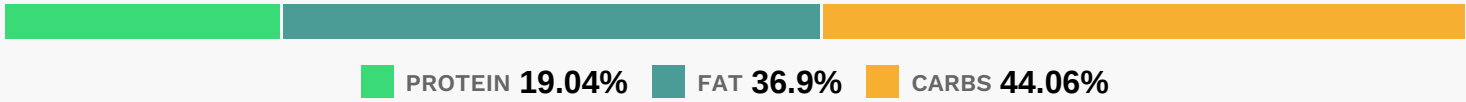
Equipment

- ☐ bowl

Directions

- ☐ Zest orange over a bowl.
- ☐ Cut away rind. Section orange over bowl, removing membranes and catching juices and sections in bowl.
- ☐ Mix in salmon, tomato, onions, basil, oil, pepper and salt. Divide salmon mixture evenly among cucumber boats. Top each boat with 1 1/2 teaspoons sour cream.
- ☐ Serve with bread.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:71.38, Glycemic Load:10.92, Inflammation Score:-9, Nutrition Score:29.889130385026%

Flavonoids

Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.24mg, Naringenin: 7.24mg, Naringenin: 7.24mg, Naringenin: 7.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 359.94kcal (18%), Fat: 15.05g (23.15%), Saturated Fat: 5.86g (36.63%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 32.46g (11.8%), Sugar: 13.8g (15.33%), Cholesterol: 34.94mg (11.65%), Sodium: 743.65mg (32.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Vitamin K: 65.18µg (62.08%), Vitamin C: 49.51mg (60.01%), Vitamin D: 7.42µg (49.44%), Manganese: 0.96mg (48%), Potassium: 1282.7mg (36.65%),

Folate: 145.13µg (36.28%), Selenium: 24.73µg (35.33%), Copper: 0.68mg (33.84%), Phosphorus: 320.15mg (32.01%),
Fiber: 7.96g (31.84%), Magnesium: 114.11mg (28.53%), Vitamin B12: 1.69µg (28.14%), Vitamin B6: 0.54mg (26.76%),
Vitamin B1: 0.38mg (25.57%), Calcium: 240.34mg (24.03%), Vitamin B2: 0.41mg (23.92%), Vitamin A: 1158.34IU
(23.17%), Vitamin B5: 2.09mg (20.9%), Vitamin B3: 3.61mg (18.05%), Iron: 2.94mg (16.32%), Zinc: 2.1mg (14%),
Vitamin E: 1.89mg (12.58%)