



## Salmon and Cucumber Pumpernickel Squares

READY IN



600 min.

SERVINGS



36

CALORIES



64 kcal

### Ingredients

- ☐ 1 cucumber english halved lengthwise seeded cut into 1/8-inch dice
- ☐ 4 teaspoons optional: dill fresh chopped
- ☐ 0.8 cup heavy cream
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 6 oz pumpernickel bread
- ☐ 1 lb salmon fillet fresh
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 0.5 lb salmon smoked
- ☐ 3 tablespoons butter unsalted melted

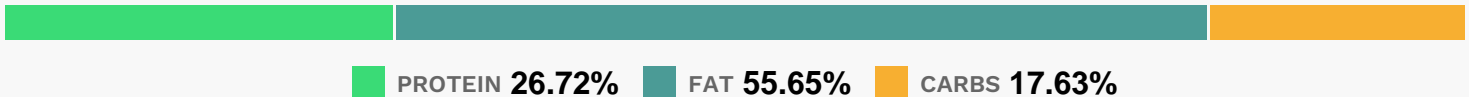
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ slotted spoon

# Directions

- ☐ Preheat oven to 350°F.
- ☐ Finely grind bread in a food processor, then pulse with butter and salt until combined. Press crumbs onto bottom of a 9-inch square metal baking pan and bake in middle of oven until top is crisp, 12 to 15 minutes. Cool crust completely in pan on a rack.
- ☐ Bring a 4-quart heavy saucepan three-fourths full of salted water to a simmer, then poach fresh salmon until just cooked through, about 10 minutes.
- ☐ Transfer with a slotted spoon to a plate to cool. Scrape off and discard all brown flesh and finely chop remaining poached salmon, transferring to a large bowl.
- ☐ Remove any brown flesh from smoked salmon. Finely chop smoked salmon and stir into poached salmon along with butter, shallot, and lemon juice.
- ☐ Beat cream in another bowl with an electric mixer until it holds soft peaks, then fold into salmon. Spoon salmon filling over pumpernickel crust, smoothing top.
- ☐ Toss cucumber with dill, then scatter evenly over salmon filling, pressing slightly to help adhere. Chill, covered with plastic wrap, until firm, at least 8 hours.
- ☐ Cut into 36 squares and serve cold or at room temperature.

# Nutrition Facts



## Properties

Glycemic Index:2.81, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:3.7191304408986%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 64.09kcal (3.2%), Fat: 3.96g (6.1%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.37g (0.41%), Cholesterol: 16.49mg (5.5%), Sodium: 117.11mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Selenium: 7.99µg (11.41%), Vitamin B12: 0.62µg (10.27%), Vitamin D: 1.17µg (7.83%), Vitamin B3: 1.45mg (7.24%), Vitamin B6: 0.13mg (6.69%), Phosphorus: 49.49mg (4.95%), Vitamin B2: 0.08mg (4.79%), Manganese: 0.07mg (3.67%), Vitamin B1: 0.05mg (3.28%), Vitamin B5: 0.32mg (3.22%), Copper: 0.06mg (3.22%), Potassium: 102.42mg (2.93%), Vitamin A: 122.23IU (2.44%), Magnesium: 8.95mg (2.24%), Folate: 8.82µg (2.2%), Iron: 0.33mg (1.81%), Vitamin K: 1.66µg (1.58%), Fiber: 0.37g (1.47%), Zinc: 0.2mg (1.35%), Vitamin E: 0.18mg (1.21%), Calcium: 10.59mg (1.06%)