



## Salmon Canapes With Horseradish Cream

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cucumber english cut into 30 slices
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 teaspoons horseradish prepared
- ☐ 0.5 teaspoon lemon zest freshly grated
- ☐ 6 tablespoons cream sour reduced-fat
- ☐ 8 ounces salmon smoked cut into thin strips ( 30)

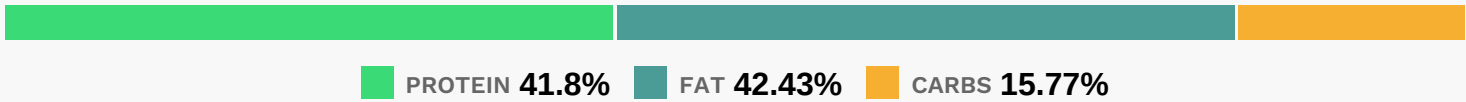
## Equipment

☐ whisk

Directions

- ☐ Whisk together first 4 ingredients.
- ☐ Arrange cucumber rounds in a single layer on a serving tray.
- ☐ Place a piece of salmon on each round.
- ☐ Spoon 1/4 teaspoon sour cream mixture on each salmon slice.
- ☐ Sprinkle chopped chives on top.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:4.2521738568726%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 47.75kcal (2.39%), Fat: 2.25g (3.47%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.69g (0.77%), Cholesterol: 14.99mg (5%), Sodium: 24.98mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Vitamin B12: 0.75µg (12.52%), Selenium: 8.65µg (12.36%), Vitamin B6: 0.2mg (10.07%), Vitamin B3: 1.83mg (9.15%), Vitamin B2: 0.11mg (6.24%), Vitamin K: 6.3µg (6%), Phosphorus: 58.69mg (5.87%), Potassium: 177.68mg (5.08%), Vitamin B5: 0.46mg (4.6%), Vitamin B1: 0.06mg (4.2%), Copper: 0.07mg (3.63%), Magnesium: 12.05mg (3.01%), Folate: 10.35µg (2.59%), Vitamin C: 1.88mg (2.28%), Calcium: 19.59mg (1.96%), Vitamin A: 90.53IU (1.81%), Manganese: 0.04mg (1.76%), Zinc: 0.26mg (1.74%), Iron: 0.29mg (1.62%)