



## Salmon & cucumber twists

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cucumber halved deseeded
- ☐ 100 g beetroot-cured salmon smoked cut into thin strips
- ☐ 1.5 tbsp crème fraîche
- ☐ 1 tablespoon lemon zest

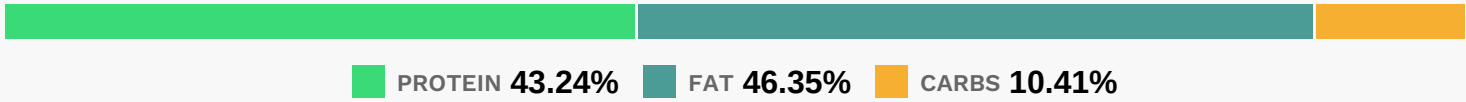
## Equipment

## Directions

- ☐
- Cut the cucumber on the diagonal into slices about 0.5–1cm thick. Twist the strips of salmon around the cucumber slices, then arrange on a serving plate.

☐☐

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1752173860112%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 13.26kcal (0.66%), Fat: 0.67g (1.04%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.2g (0.23%), Cholesterol: 4.37mg (1.46%), Sodium: 3.52mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin B12: 0.21µg (3.58%), Selenium: 2.49µg (3.56%), Vitamin B6: 0.06mg (3.03%), Vitamin B3: 0.53mg (2.65%), Vitamin B2: 0.03mg (1.76%), Phosphorus: 16.43mg (1.64%), Vitamin B5: 0.14mg (1.4%), Potassium: 48.8mg (1.39%), Vitamin B1: 0.02mg (1.24%), Copper: 0.02mg (1.21%)