



Salmon-Veggie Bites

 Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

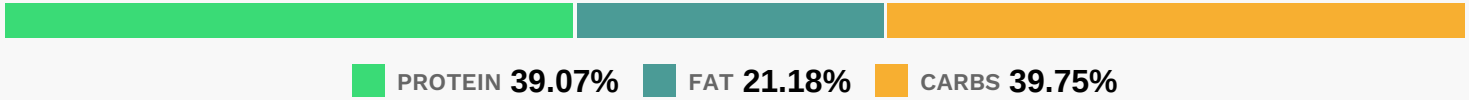
- ☐ 2 ounces salmon finely chopped
- ☐ 0.5 package weight cream cheese fat-free softened (8-ounce size)
- ☐ 0.8 teaspoon optional: dill dried fresh chopped
- ☐ 1 large cucumber cut into 1/4-inch slices (12 slices)
- ☐ 1 large carrots cut into 1/4-inch slices (12 slices)
- ☐ 1 sprig optional: dill

Equipment

Directions

- ☐ Mix lox, cream cheese and chopped dill weed.
- ☐ Place lox mixture in decorating bag fitted with large star tip. Pipe 1 heaping teaspoonful onto each cucumber and carrot slice. Or spoon lox mixture onto each slice.
- ☐ Garnish each with dill weed sprig.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:1.1373912970657%

Flavonoids

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: 5.42kcal (0.27%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.3g (0.34%), Cholesterol: 0.55mg (0.18%), Sodium: 20.98mg (0.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin A: 512.21IU (10.24%), Vitamin D: 0.4µg (2.69%), Vitamin B12: 0.08µg (1.29%), Vitamin K: 1.24µg (1.18%), Selenium: 0.78µg (1.12%)