



Shrimp in Cucumber Cups

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz cream cheese softened
- 30 servings garnish: dill sprigs fresh
- 2 cucumbers english
- 1 tablespoon chives fresh chopped
- 1 tablespoon optional: dill fresh
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon salt
- 30 perfect poached shrimp peeled

0.3 cup cup heavy whipping cream sour

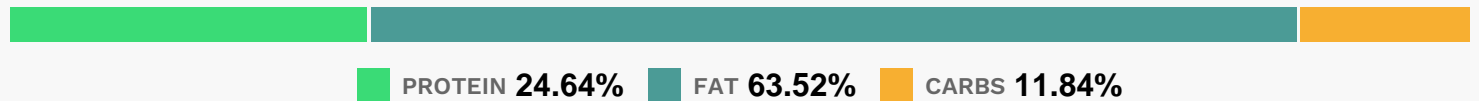
Equipment

melon baller

Directions

- Stir together softened cream cheese, sour cream, dill, chopped fresh chives, fresh lemon juice, and salt.
- Cut cucumbers into 30 (3/4-inch-thick) rounds. Scoop seeds from centers of cucumber rounds, using a melon baller or small spoon and leaving a 1/4-inch-thick shell. Fill cucumber cups with cream cheese mixture; top each with 1 peeled Perfect Poached Shrimp.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.2913043421248%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 41.94kcal (2.1%), Fat: 3.05g (4.69%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.7g (0.78%), Cholesterol: 24.87mg (8.29%), Sodium: 56.09mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Phosphorus: 35.92mg (3.59%), Vitamin K: 3.68µg (3.51%), Vitamin A: 147.6IU (2.95%), Copper: 0.05mg (2.47%), Potassium: 69.83mg (2%), Calcium: 19.24mg (1.92%), Magnesium: 7.11mg (1.78%), Vitamin B2: 0.03mg (1.63%), Zinc: 0.22mg (1.47%), Vitamin C: 0.93mg (1.12%), Selenium: 0.78µg (1.12%), Manganese: 0.02mg (1.1%), Vitamin B5: 0.1mg (1.03%)