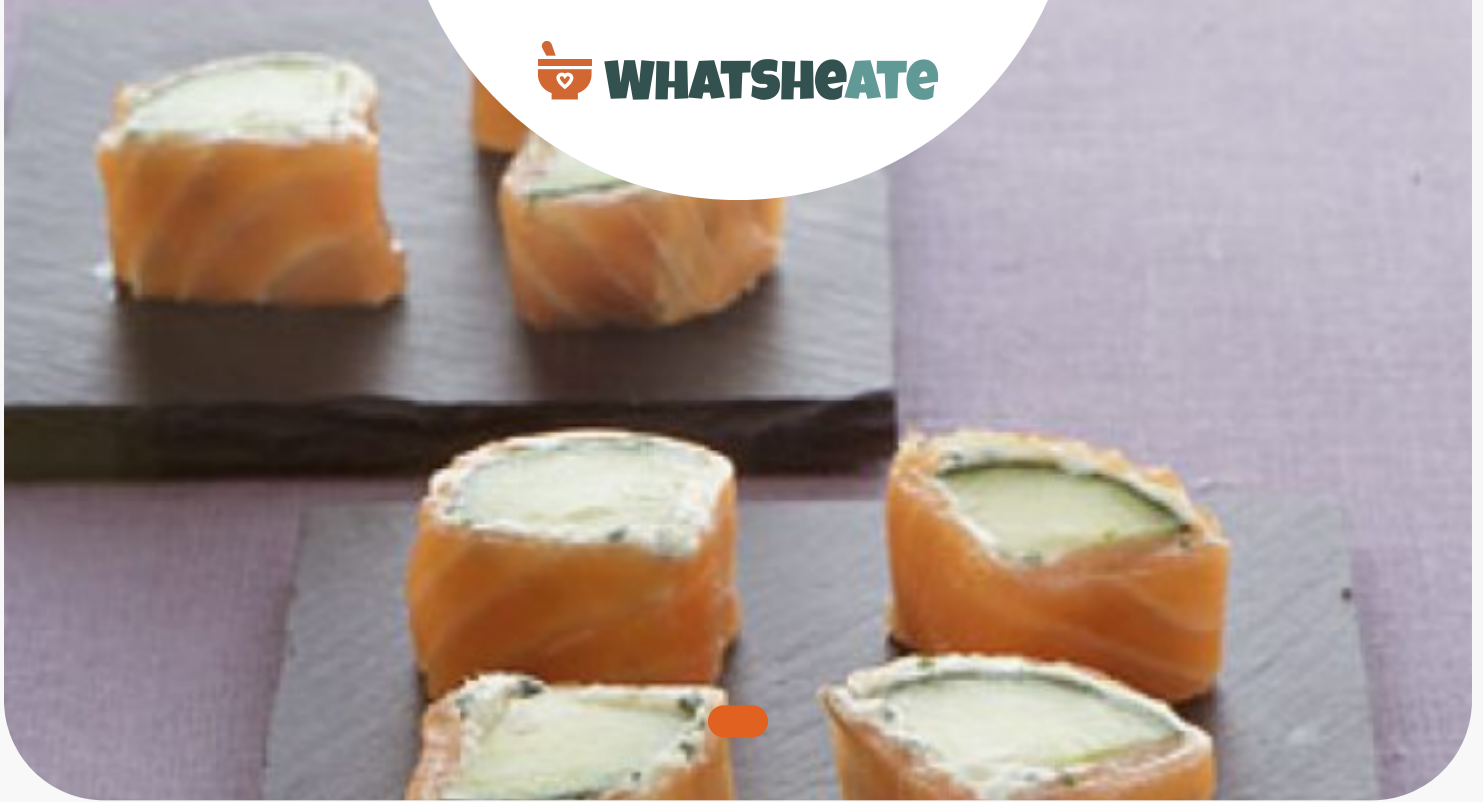




Smoked-Salmon and Cucumber Rolls

 Gluten Free

READY IN



30 min.

SERVINGS



56

CALORIES



18 kcal

Ingredients

- ☐ 0.5 cup cream cheese softened
- ☐ 1 cucumber seedless () (usually plastic-wrapped)
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 2 tablespoons horseradish drained
- ☐ 0.3 teaspoon salt
- ☐ 1 pound salmon smoked thinly sliced

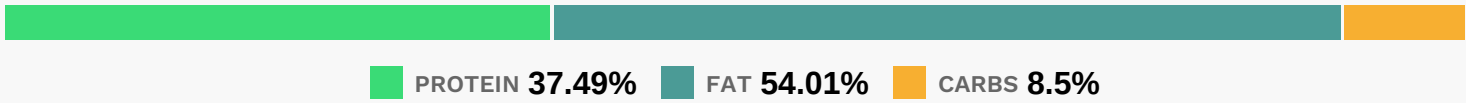
Equipment

- ☐ plastic wrap

Directions

- ☐ Quarter cucumber lengthwise, cutting off and discarding rounded ends. Stir together cream cheese, chives, horseradish, salt, and pepper to taste until combined well.
- ☐ Pat cucumber dry. Arrange enough salmon to completely wrap 1 cucumber quarter in 1 layer on a sheet of plastic wrap, then spread with a thin layer of cream cheese mixture. Wrap coated salmon around cucumber quarter to cover completely, pressing gently to help it adhere. Repeat with remaining cucumber quarters. (You may have leftover salmon.)
- ☐ Cut rolls crosswise into 3/4-inch pieces.

Nutrition Facts



Properties

Glycemic Index:1.91, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.4343478128962%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 17.68kcal (0.88%), Fat: 1.06g (1.63%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.21g (0.24%), Cholesterol: 3.91mg (1.3%), Sodium: 82.61mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin D: 1.39µg (9.23%), Vitamin B12: 0.27µg (4.48%), Selenium: 2.83µg (4.04%), Vitamin B3: 0.39mg (1.96%), Phosphorus: 17.01mg (1.7%), Vitamin B6: 0.03mg (1.32%), Vitamin K: 1.32µg (1.25%), Copper: 0.02mg (1.09%)