



Smoked Salmon and Cucumber Squares

READY IN



45 min.

SERVINGS



16

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cucumber english peeled
- ☐ 1.5 tablespoons horseradish drained
- ☐ 16 slices pumpernickel bread
- ☐ 0.3 lb salmon smoked thinly sliced cut into 1 1/2-inch pieces
- ☐ 6 tablespoons cream sour

Equipment

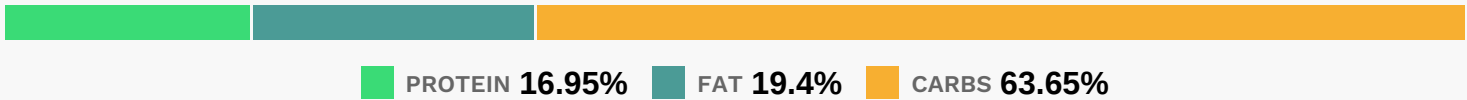
- ☐ paper towels
- ☐ plastic wrap

- ☐ mandoline
- ☐ serrated knife

Directions

- ☐ Halve cucumber crosswise and thinly julienne lengthwise, preferably with a mandoline or other manual slicer, working around core. Discard core.
- ☐ Stir together sour cream, horseradish, and salt and pepper to taste.
- ☐ Divide bread into 4 stacks and cut stacks into 1 1/2-inch squares with a serrated knife, discarding crusts. Spoon 1/2 teaspoon sour cream onto center of each bread square, then top with a folded piece of salmon.
- ☐ Top salmon with a small amount of cucumber, twirled into a mound.
- ☐ • Cucumber can be julienned 2 hours ahead and chilled, covered. • Bread can be topped with cream and salmon 6 hours ahead and chilled, covered with dampened paper towels and plastic wrap. Top with cucumber just before serving.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:7.39, Inflammation Score:-2, Nutrition Score:5.8721739623858%

Flavonoids

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: 100.69kcal (5.03%), Fat: 2.2g (3.39%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.03g (5.1%), Sugar: 0.75g (0.83%), Cholesterol: 4.29mg (1.43%), Sodium: 253.96mg (11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Manganese: 0.44mg (21.79%), Selenium: 10.4µg (14.85%), Fiber: 2.22g (8.88%), Vitamin D: 1.21µg (8.08%), Folate: 32.29µg (8.07%), Phosphorus: 76.94mg (7.69%), Vitamin B1: 0.11mg (7.49%), Vitamin B2: 0.12mg (6.99%), Vitamin B3: 1.35mg (6.76%), Copper: 0.12mg (5.87%), Iron: 1.04mg (5.78%), Magnesium: 21.82mg (5.46%), Vitamin B12: 0.24µg (4.01%), Zinc: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.52%), Potassium: 115.61mg (3.3%), Vitamin K: 3.42µg (3.26%), Calcium: 30.87mg (3.09%), Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.25mg (1.69%), Vitamin C: 0.92mg (1.11%), Vitamin A: 53.92IU (1.08%)