



Smoked Salmon in Cucumber Boats

 Gluten Free

READY IN



16 min.

SERVINGS



8

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cucumbers english peeled
- ☐ 0.5 cup greek yogurt plain fat-free
- ☐ 0.3 cup onion red chopped
- ☐ 4 ounces salmon smoked chopped

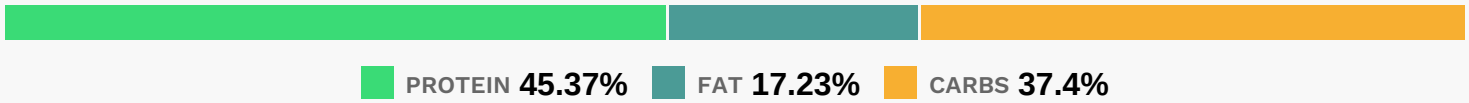
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Trim ends off cucumbers. Split each cucumber in half lengthwise. Scoop out center of cucumbers, leaving a 1/4- to 1/2-inch-thick shell.
- ☐ Cut into 24 (1 1/2-inch-long) pieces. Reserve any remaining cucumber for another use.
- ☐ Combine yogurt, salmon, and onion in a food processor; process until almost smooth, scraping sides of bowl as needed. Spoon 2 teaspoons salmon mixture into each cucumber piece.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:4.4013043175573%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 37.46kcal (1.87%), Fat: 0.75g (1.15%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.87g (2.08%), Cholesterol: 3.89mg (1.3%), Sodium: 117.33mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin D: 2.42µg (16.16%), Vitamin K: 12.33µg (11.75%), Vitamin B12: 0.55µg (9.16%), Selenium: 6.08µg (8.69%), Phosphorus: 59.7mg (5.97%), Potassium: 159.98mg (4.57%), Vitamin B2: 0.08mg (4.44%), Vitamin B6: 0.08mg (4.17%), Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.37mg (3.65%), Magnesium: 14.18mg (3.54%), Manganese: 0.07mg (3.46%), Copper: 0.07mg (3.37%), Vitamin C: 2.47mg (2.99%), Calcium: 28.58mg (2.86%), Iron: 0.35mg (1.94%), Vitamin B1: 0.03mg (1.9%), Fiber: 0.46g (1.84%), Folate: 7.36µg (1.84%), Vitamin A: 91.68IU (1.83%), Zinc: 0.27mg (1.79%), Vitamin E: 0.22mg (1.44%)