



Smoked Salmon Mousse Canapés

 Gluten Free

READY IN



13 min.

SERVINGS



10

CALORIES



119 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 servings chives fresh chopped
- ☐ 8 ounce cream cheese
- ☐ 1 large cucumber whole english cut into 30 (1/3-inch-thick) slices, or 30 small grain crackers
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 3 tablespoons half and half
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon sea salt
- ☐ 8 ounces salmon

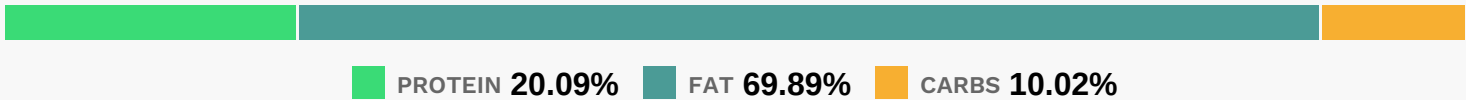
Equipment

☐ food processor

Directions

- ☐ Place salmon in a food processor; pulse until finely chopped.
- ☐ Add cream cheese and next 4 ingredients, and process until creamy and fluffy.
- ☐ Add more half-and-half if necessary to achieve the desired texture for piping.)
- ☐ Pipe or dollop about 1 tablespoon salmon mousse onto each cucumber slice.
- ☐ Garnish, if desired.
- ☐ Sip: Mionetto Brut Prosecco, NV, 100% Prosecco (\$14): "The fresh white peach harmonizes with the tarragon, and the hint of sweetness cuts the richness of the salmon." --Michael Velo, bubbly expert from the Carriage House Restaurant in Chicago

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:5.850869583047%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 119.02kcal (5.95%), Fat: 9.39g (14.45%), Saturated Fat: 5.14g (32.09%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.79g (1.01%), Sugar: 1.58g (1.76%), Cholesterol: 29.7mg (9.9%), Sodium: 310.99mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.15%), Vitamin D: 3.88µg (25.85%), Selenium: 9.58µg (13.68%), Vitamin B12: 0.8µg (13.3%), Vitamin A: 445.01IU (8.9%), Phosphorus: 75.87mg (7.59%), Vitamin K: 7.69µg (7.32%), Vitamin B2: 0.1mg (6.14%), Vitamin B3: 1.2mg (5.98%), Vitamin B6: 0.11mg (5.44%), Manganese: 0.1mg (4.81%), Calcium: 43.32mg (4.33%), Vitamin B5: 0.42mg (4.23%), Potassium: 145.47mg (4.16%), Copper: 0.08mg (3.81%), Vitamin E: 0.53mg (3.5%), Magnesium: 13.47mg (3.37%), Iron: 0.55mg (3.07%), Vitamin C: 2.2mg (2.66%),

Folate: 7.91µg (1.98%), Zinc: 0.3mg (1.97%), Vitamin B1: 0.02mg (1.51%)