Smoked Salmon Mousse in Cucumber Boats

Gluten Free

READY IN	SERVINGS	CALORIES
20 min.	8	180 kcal

Ingredients

- [ ] 8 ounces cream cheese soft
- [ ] 2 tablespoons freshly dill chopped
- [ ] 2 cucumbers english
- [ ] 3 tablespoons heavy cream
- [ ] 8 servings salt and pepper black freshly ground
- [ ] 0.8 pound salmon smoked

Equipment

- [ ] food processor
- [ ] pastry bag

- [ ] melon baller

Directions

- [ ] In food processor, chop up salmon into a paste.
- [ ] Add cream cheese, salt and pepper, and heavy cream to make a mixture loose enough to pipe out into cucumber boats. Peel cucumbers and halve lengthwise. Slice cucumbers into 2-inch lengths. Use melon baller to scoop out the cucumber to make into small boat-shapes. Spoon salmon mixture into pastry bag fitted with a star tip, and pipe mixture into each cucumber "boat."
- [ ] Garnish with fresh dill.

Nutrition Facts

PROTEIN **22.35%** FAT **67.73%** CARBS **9.92%**

Properties

Glycemic Index:9.25, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:9.4521740053011%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 179.65kcal (8.98%), Fat: 13.71g (21.09%), Saturated Fat: 7.44g (46.53%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.48g (2.76%), Cholesterol: 44.77mg (14.92%), Sodium: 425.51mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.36%), Vitamin D: 7.36µg (49.08%), Vitamin B12: 1.46µg (24.29%), Selenium: 16.61µg (23.74%), Vitamin K: 13.28µg (12.65%), Phosphorus: 121.56mg (12.16%), Vitamin A: 587.43IU (11.75%), Vitamin B3: 2.11mg (10.56%), Vitamin B2: 0.14mg (8.47%), Vitamin B6: 0.17mg (8.33%), Vitamin B5: 0.74mg (7.42%), Copper: 0.14mg (6.79%), Potassium: 229.5mg (6.56%), Vitamin E: 0.89mg (5.95%), Magnesium: 20.58mg (5.14%), Calcium: 48.54mg (4.85%), Manganese: 0.08mg (4.18%), Iron: 0.62mg (3.47%), Zinc: 0.44mg (2.93%), Vitamin C: 2.22mg (2.69%), Vitamin B1: 0.04mg (2.52%), Folate: 9.04µg (2.26%), Fiber: 0.4g (1.61%)