



Smoked Salmon Salad in Cucumber Cups

 Gluten Free

READY IN



25 min.

SERVINGS



17

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 3 cucumbers english
- ☐ 1 tablespoon optional: dill fresh divided chopped
- ☐ 0.3 cup green onions finely chopped
- ☐ 2 tablespoons canola mayonnaise
- ☐ 2 tablespoons greek yogurt plain 2% reduced-fat
- ☐ 12 ounce cold-smoked salmon coarsely chopped

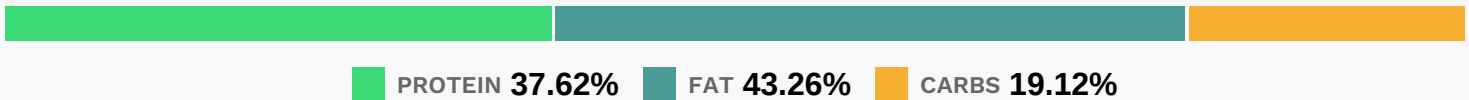
Equipment

- ☐ bowl
- ☐ melon baller

Directions

- ☐ Combine first 4 ingredients in a medium bowl. Stir in 2 teaspoons dill and chopped salmon.
- ☐ Peel cucumbers in alternating vertical stripes.
- ☐ Cut cucumbers into 3/4-inch-thick slices, and scoop out seeds with a small spoon or melon baller, leaving bottom intact to form a cup.
- ☐ Spoon about 1 tablespoon salmon mixture into each cucumber cup.
- ☐ Sprinkle cups evenly with remaining 1 teaspoon dill and pepper.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:4.5773912771888%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 44.37kcal (2.22%), Fat: 2.17g (3.34%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.99g (1.1%), Cholesterol: 5.38mg (1.79%), Sodium: 195.36mg (8.49%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.25g (8.5%), Vitamin D: 3.43µg (22.83%), Vitamin K: 14.69µg (13.99%), Vitamin B12: 0.67µg (11.11%), Selenium: 6.88µg (9.82%), Vitamin B3: 1.01mg (5.07%), Phosphorus: 48.95mg (4.89%), Vitamin B6: 0.08mg (3.96%), Copper: 0.07mg (3.67%), Potassium: 120.47mg (3.44%), Vitamin B5: 0.32mg (3.22%), Magnesium: 11.34mg (2.83%), Vitamin B2: 0.05mg (2.68%), Manganese: 0.05mg (2.54%), Vitamin E: 0.36mg (2.38%), Vitamin C: 1.82mg (2.21%), Iron: 0.36mg (2.02%), Vitamin A: 92IU (1.84%), Calcium: 14.31mg (1.43%), Folate: 5.51µg (1.38%), Vitamin B1: 0.02mg (1.36%), Fiber: 0.34g (1.35%), Zinc: 0.19mg (1.26%)