



## Smoked Salmon "Sushi" Topper

READY IN



135 min.

SERVINGS



6

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp philadelphia sundried tomato and basil cream cheese spread divided
- 2 cucumber strips thin
- 2 pepper strips red thin
- 1 oz salmon smoked
- 3 small spinach leaves
- 12 woven wheat crackers

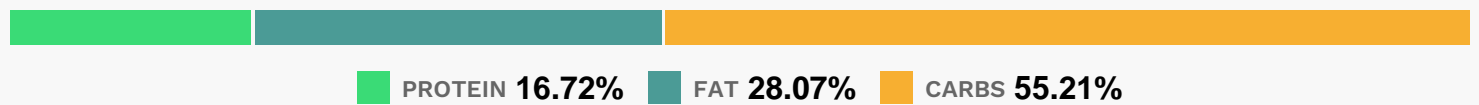
### Equipment

- plastic wrap

## Directions

- Stack salmon slices, with slices slightly overlapping, to form 6x4-inch rectangle.
- Spread with 2 tsp. cream cheese spread; cover with spinach. Carefully spread remaining cream cheese onto spinach.
- Arrange peppers and cucumbers along 1 long side of salmon stack. Starting from topped edge, roll up salmon, jelly-roll fashion, to make log. Wrap tightly in plastic wrap. Refrigerate 2 hours or until firm enough to slice.
- Cut roll-up into 12 slices; place on crackers.

## Nutrition Facts



## Properties

Glycemic Index:13.17, Glycemic Load:0.72, Inflammation Score:-8, Nutrition Score:8.3373911017957%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 52.41kcal (2.62%), Fat: 1.7g (2.62%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.64g (4.04%), Cholesterol: 2.74mg (0.91%), Sodium: 82.68mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin C: 54.11mg (65.59%), Vitamin A: 1390.29IU (27.81%), Vitamin K: 11.56µg (11.01%), Vitamin B6: 0.18mg (9.03%), Folate: 33.31µg (8.33%), Fiber: 1.8g (7.2%), Potassium: 230.76mg (6.59%), Manganese: 0.12mg (6.14%), Vitamin D: 0.81µg (5.39%), Vitamin E: 0.73mg (4.87%), Magnesium: 18.01mg (4.5%), Copper: 0.09mg (4.46%), Vitamin B5: 0.41mg (4.07%), Phosphorus: 39.31mg (3.93%), Vitamin B2: 0.06mg (3.79%), Vitamin B1: 0.05mg (3.59%), Vitamin B3: 0.65mg (3.26%), Iron: 0.54mg (2.99%), Vitamin B12: 0.15µg (2.57%), Selenium: 1.68µg (2.39%), Calcium: 23.39mg (2.34%), Zinc: 0.29mg (1.91%)