



## Smoked Salmon with Creamy Cucumber Salad

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 roasted-garlic bagel chips thinly sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 hothouse cucumber seedless sliced quartered ( )
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons mustard coarse-grain
- ☐ 1 pound salmon smoked thinly sliced

- ☐ 0.5 cup cup heavy whipping cream    sour
- ☐ 2 bunches watercress

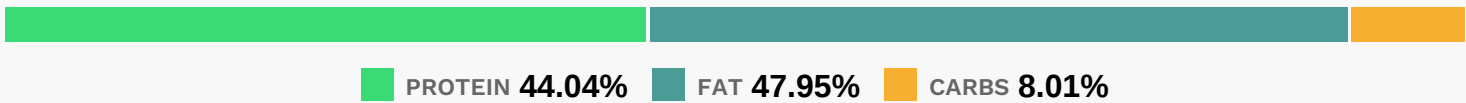
## Equipment

- ☐ bowl

## Directions

- ☐ Divide the watercress and salmon among 6 plates. In a large bowl, combine the horseradish, mustard, sour cream, lemon juice, salt, and pepper.
- ☐ Transfer half the dressing to a small bowl and set aside.
- ☐ Add the cucumber to the large bowl and toss. Divide the cucumbers among the plates and sprinkle with the dill.
- ☐ Serve with the reserved dressing, lemon wedges (if using), and bagel chips or baguette slices.

## Nutrition Facts



## Properties

Glycemic Index:26.83, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:14.012608761373%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

## Nutrients (% of daily need)

Calories: 135.41kcal (6.77%), Fat: 7.16g (11.01%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.44g (1.6%), Cholesterol: 28.7mg (9.57%), Sodium: 823.72mg (35.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Vitamin D: 12.93µg (86.18%), Vitamin B12: 2.5µg (41.75%), Selenium: 25.93µg (37.04%), Vitamin K: 23.18µg (22.08%), Vitamin B3: 3.64mg (18.2%), Phosphorus: 152.15mg (15.21%), Vitamin B6: 0.25mg (12.45%), Vitamin C: 9.03mg (10.94%), Copper: 0.21mg (10.34%), Vitamin A: 481.67IU (9.63%), Vitamin B5: 0.83mg (8.3%), Vitamin E: 1.21mg (8.04%), Vitamin B2: 0.13mg (7.55%), Potassium:

236.96mg (6.77%), Magnesium: 22.36mg (5.59%), Calcium: 44.53mg (4.45%), Iron: 0.79mg (4.41%), Manganese: 0.08mg (3.83%), Vitamin B1: 0.04mg (2.82%), Folate: 10.23µg (2.56%), Zinc: 0.38mg (2.54%), Fiber: 0.4g (1.61%)