



Smoked Whitefish on Cucumber Rounds

 Gluten Free

READY IN



20 min.

SERVINGS



36

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 large cucumber seedless (usually plastic-wrapped; 2 lb total)
- ☐ 2 teaspoons optional: dill fresh whole finely chopped
- ☐ 0.5 cup apples i use 2 granny smith apples diced () (less than 1)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest fresh finely grated
- ☐ 1.5 tablespoons shallots finely chopped
- ☐ 0.3 cup cream sour

☐

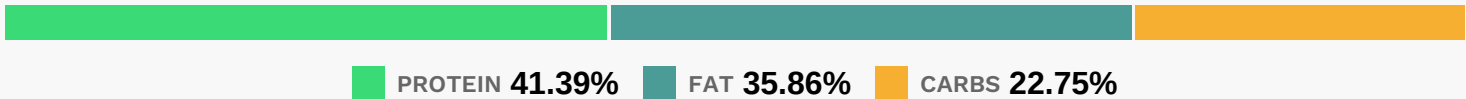
0.5 lb fish fillet smoked flaked

Equipment

Directions

- ☐
- Cut 36 (1/3-inch-thick) slices from cucumbers, reserving remaining cucumber. Scoop out and discard some cucumber from center of each round with a melon-ball cutter or a small spoon to create an indentation (leaving bottom intact).
- ☐
- Cut enough of remaining cucumber into 1/4-inch dice to measure 1/2 cup.
- ☐
- Toss diced cucumber with apple, sour cream, shallot, zest, lemon juice, pepper, chopped dill, and salt to taste. Fold in whitefish.
- ☐
- Mound 1 to 1 1/2 teaspoons fish mixture onto each cucumber round. Top with dill sprigs.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.0130434813707%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 13.48kcal (0.67%), Fat: 0.55g (0.85%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.51g (0.56%), Cholesterol: 4.41mg (1.47%), Sodium: 4.33mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Selenium: 2.73µg (3.91%), Vitamin B12: 0.1µg (1.73%), Phosphorus: 16.1mg (1.61%), Potassium: 46.78mg (1.34%), Vitamin D: 0.2µg (1.3%), Vitamin B3: 0.26mg (1.28%), Vitamin K: 1.33µg (1.26%), Vitamin B6: 0.02mg (1.07%), Folate: 4.06µg (1.02%), Magnesium: 4.03mg (1.01%)