

Cucumber Cups with Smoked Salmon Dip

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Yield: 12 cups

1 English cucumber, sliced crosswise into one-inch pieces

salt

1/4 pound smoked salmon, chopped

2 tablespoons onion, grated

1 tablespoon fresh dill, chopped

3 tablespoons sour cream

1 tablespoon plain yogurt

2 teaspoons fresh lemon juice

pepper

Scoop out the center of each cucumber slice with a small melon baller to create a cup.

Sprinkle the cups with salt. Turn the cups upside down on a plate. Refrigerate for 10 minutes.

Meanwhile, in a bowl, combine the salmon, onion, dill, sour cream, yogurt and lemon juice. Season with pepper.

Blot the moisture from the cucumber using a paper towel.

Spoon the salmon mixture into each cup.

Per Serving (excluding unknown items): 285 Calories; 14g Fat (44.8% calories from fat); 27g Protein; 13g Carbohydrate; 4g Dietary Fiber; 47mg Cholesterol; 921mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	285
% Calories from Fat:	44.8%
% Calories from Carbohydrates:	18.2%
% Calories from Protein:	37.0%
Total Fat (g):	14g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	47mg
Carbohydrate (g):	13g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	3.9mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 4g
Protein (g): 27g
Sodium (mg): 921mg
Potassium (mg): 332mg
Calcium (mg): 87mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 26mg
Vitamin A (i.u.): 1304IU
Vitamin A (r.e.): 142RE

Grain (Starch): 0
Lean Meat: 3
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 285 **Calories from Fat:** 128

% Daily Values*

Total Fat 14g	22%
Saturated Fat 7g	35%
Cholesterol 47mg	16%
Sodium 921mg	38%
Total Carbohydrates 13g	4%
Dietary Fiber 4g	18%
Protein 27g	
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Vitamin A	26%
Vitamin C	43%
Calcium	9%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.