

# Cucumber and Salmon Bites

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 40 bites**

8 ounces cream cheese  
1 can (7 ounce) red or pink salmon,  
drained  
1 tablespoon sour cream  
1 tablespoon mayonnaise  
1 - 2 teaspoons lemon juice  
1 tablespoon fresh coriander, finely  
chopped  
1 tablespoon fresh chives, finely  
chopped  
2 teaspoons fresh lemon thyme, finely  
chopped  
salt (to taste)  
pepper (to taste)  
4 Lebanese cucumbers, thickly sliced  
sprig fresh dill or thinly shredded chili  
or red pepper (for garnish)

## **Preparation Time: 20 minutes**

In a small bowl, beat the cream cheese with an electric mixer until soft and creamy.

Add the salmon, sour cream, mayonnaise, lemon juice, coriander, chives, lemon thyme, salt and pepper. Beat for 1 minute or until combined.

Place a teaspoon of the cheese mixture on each cucumber round and decorate.

*In advance: The salmon mixture can be prepared a day ahead and refrigerated in an airtight container. Slice the cucumber into rounds and assemble just before serving.*

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Per Serving (excluding unknown items): 925 Calories; 94g Fat (89.2% calories from fat); 18g Protein; 8g Carbohydrate; trace Dietary Fiber; 260mg Cholesterol; 756mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 16 Fat.

## Appetizers

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	925	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	89.2%	<b>Vitamin B12 (mcg):</b>	1.0mcg
<b>% Calories from Carbohydrates:</b>	3.2%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	7.6%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	94g	<b>Folacin (mcg):</b>	37mcg
<b>Saturated Fat (g):</b>	53g	<b>Niacin (mg):</b>	trace
		<b>Caffeine (mg):</b>	0mg

Monounsaturated Fat (g):	26g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	260mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace
Protein (g):	18g
Sodium (mg):	756mg
Potassium (mg):	323mg
Calcium (mg):	205mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	3549IU
Vitamin A (r.e.):	1033RE

Alcohol (kcal):	0
% Refuse:	00%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	16
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories	925	Calories from Fat: 825
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### % Daily Values\*

<b>Total Fat</b>	94g	144%
Saturated Fat	53g	267%
<b>Cholesterol</b>	260mg	87%
<b>Sodium</b>	756mg	32%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	trace	1%
<b>Protein</b>	18g	
<b>Vitamin A</b>		71%
<b>Vitamin C</b>		11%
<b>Calcium</b>		20%
<b>Iron</b>		16%

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