

SMOKED SALMON CUCUMBER CANAPÉS

INGREDIENTS:

- 1 English cucumber, sliced
- 1 container low-fat cream cheese (3 ounces)
- 3 ounces smoked salmon, pieces
- 1/2 cup fresh dill sprigs

DIRECTIONS:

1. Slice cucumber diagonally; arrange on a medium decorative serving platter.
2. Layer cucumber slices with cream cheese.
3. Place dill sprigs on cream cheese.
4. Top each cucumber with smoked salmon pieces.

Nutrition Facts	
Serving Size (13g)	
Servings Per Container 18	
Amount Per Serving	
Calories 15	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Source: mealplanhaven.com

