

Cucumber, Crab & U.S. Cream Cheese Salad

Texture and flavor contrasts in the cucumber and crab are brought harmoniously together by the richness of the U.S. cream cheese.



INGREDIENTS

(Makes 4 servings)

U.S. Cream Cheese	100g
Dijon Mustard	12g
Lemon Juice	15ml
Cucumber	400g
Salt	6g
Crab Meat, shredded	100g
Chives, chopped finely	15g

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 560mg **23%**

Total Carbohydrate 3g **1%**

 Dietary Fiber 0g **0%**

 Sugars 1g

Protein 5g

Vitamin A 8% • Vitamin C 10%

Calcium 4% • Iron 4%

*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

Per 100g

Calories	81kcal
Total Fat	272g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	28mg
Total Carbohydrates	3g
Dietary Fiber	0g
Sugars	1g
Protein	5g
Calcium	31mg
Magnesium	20mg
Phosphorus	51mg
Potassium	146mg
Sodium	560mg
Iron	1mg
Vitamin A	352IU
Vitamin C	6mg

PREPARATION

1. Whisk the cream cheese until softened and smooth.
2. Add the mustard and lemon juice and whisk. Set aside.
3. Cut the cucumber in half and slice diagonally.
4. Salt the faces of the cucumber and leave for 20 minutes.
5. Squeeze cucumber manually or with clean paper towels to remove excess moisture.
6. Put cucumber and shredded crab meat in bowl.
7. Add cream cheese sauce and mix well.
8. Garnish with chives.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.