



Bristol Bay Smoked Salmon Snacks

READY IN



25 min.

SERVINGS



25

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 6 green onions sliced
- 8 oz sharp cheddar cheese shredded divided kraft
- 0.5 lb salmon smoked flaked
- 24 won ton wrappers

Equipment

- bowl
- oven

muffin liners

Directions

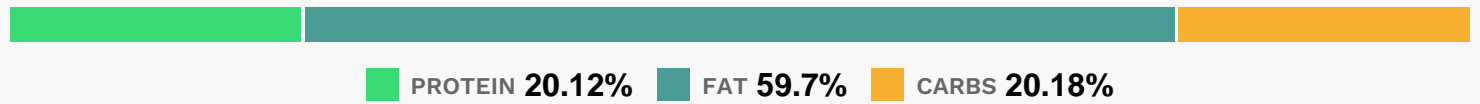
Heat oven to 425F.

Mix cream cheese and 1 cup shredded cheese in medium bowl until blended. Stir in salmon and onions.

Spray 24 mini muffin cups with cooking spray. Line each cup with 1 won ton wrapper. Fill with salmon mixture; sprinkle with remaining shredded cheese.

Bake 10 min. or until won tons are browned.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.9930434900781%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 101.25kcal (5.06%), Fat: 6.71g (10.32%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.9g (1.78%), Sugar: 0.44g (0.49%), Cholesterol: 20.97mg (6.99%), Sodium: 200.58mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Selenium: 8.33µg (11.91%), Vitamin D: 1.61µg (10.7%), Calcium: 79.39mg (7.94%), Phosphorus: 73.03mg (7.3%), Vitamin B12: 0.41µg (6.89%), Vitamin K: 6.38µg (6.08%), Vitamin B2: 0.1mg (5.86%), Vitamin A: 250.35IU (5.01%), Vitamin B3: 0.85mg (4.23%), Zinc: 0.47mg (3.13%), Vitamin B1: 0.05mg (3.05%), Folate: 10.94µg (2.73%), Manganese: 0.05mg (2.7%), Iron: 0.39mg (2.15%), Vitamin B6: 0.04mg (2.02%), Copper: 0.04mg (1.92%), Vitamin E: 0.28mg (1.9%), Magnesium: 6.91mg (1.73%), Vitamin B5: 0.17mg (1.72%), Potassium: 48.69mg (1.39%)