



## Classic Smoked Salmon Starter

READY IN



5 min.

SERVINGS



8

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 sprigs optional: dill fresh
- 8 tsp philadelphia neufchatel cheese softened
- 16 woven rye crackers
- 1 oz salmon smoked cut into 16 pieces

### Equipment

### Directions

- Spread crackers with Neufchatel; top with salmon and dill.

# Nutrition Facts



## Properties

Glycemic Index:5.25, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.5556521862745%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 23.27kcal (1.16%), Fat: 1.33g (2.05%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.18g (0.2%), Cholesterol: 4.46mg (1.49%), Sodium: 44.51mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Manganese: 0.14mg (7.01%), Vitamin D: 0.61µg (4.04%), Selenium: 2.32µg (3.31%), Phosphorus: 25.52mg (2.55%), Vitamin B12: 0.13µg (2.17%), Fiber: 0.46g (1.84%), Magnesium: 6.31mg (1.58%), Vitamin A: 75.63IU (1.51%), Vitamin B3: 0.29mg (1.47%), Copper: 0.02mg (1.2%), Zinc: 0.17mg (1.11%), Vitamin B2: 0.02mg (1.08%), Iron: 0.19mg (1.06%), Vitamin B6: 0.02mg (1.03%)