



Cucumber Salmon Spread

 Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



124 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese spread
- 0.3 cup cucumber chopped
- 0.5 tsp dill weed
- 2 Tbsp green onion finely chopped
- 2 tsp juice of lemon
- 4 onion bagels split toasted
- 6.1 oz pink salmon boneless skinless flaked drained canned

Equipment

bowl

Directions

- Mix cream cheese, onion, juice and dill in medium bowl until well blended.
- Add salmon and cucumber; mix well. Cover.
- Refrigerate several hours or until chilled.
- Spread onto bagel halves.

Nutrition Facts

 **PROTEIN 21.71%**  **FAT 55.11%**  **CARBS 23.18%**

Properties

Glycemic Index:11.13, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:5.0165217143038%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 124.38kcal (6.22%), Fat: 7.59g (11.67%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.17g (2.25%), Sugar: 3.33g (3.71%), Cholesterol: 29.51mg (9.84%), Sodium: 143.63mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Vitamin B6: 0.25mg (12.36%), Selenium: 8.21µg (11.73%), Vitamin B12: 0.69µg (11.5%), Vitamin B3: 1.78mg (8.9%), Phosphorus: 60.89mg (6.09%), Vitamin C: 4.97mg (6.03%), Vitamin A: 297.61IU (5.95%), Vitamin B2: 0.1mg (5.87%), Potassium: 197.78mg (5.65%), Vitamin B1: 0.08mg (5.12%), Calcium: 51.02mg (5.1%), Folate: 17.68µg (4.42%), Vitamin B5: 0.44mg (4.42%), Fiber: 1.01g (4.03%), Copper: 0.08mg (4.01%), Manganese: 0.08mg (4%), Vitamin K: 3.62µg (3.45%), Magnesium: 12.67mg (3.17%), Iron: 0.32mg (1.79%), Zinc: 0.25mg (1.64%)