



Dilled Smoked Salmon Spread

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

CONDIMENT

DIP

SPREAD

Ingredients

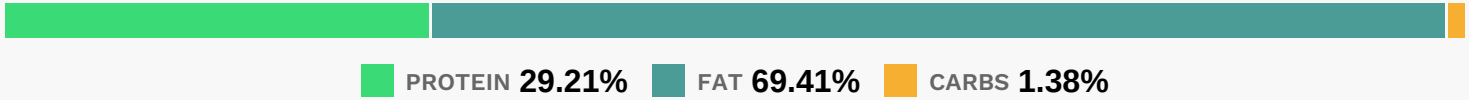
- ☐ 4 servings garnish: dillweed sprigs fresh
- ☐ 3 tablespoons dillweed fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 tablespoon salt
- ☐ 1.5 pounds salmon smoked chopped
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

Directions

- ☐ Stir together first 4 ingredients. Stir in fish. Cover and chill at least 6 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:23.406956394001%

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: 446.51kcal (22.33%), Fat: 33.87g (52.11%), Saturated Fat: 7.76g (48.5%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.14g (1.27%), Cholesterol: 67.84mg (22.61%), Sodium: 2392.57mg (104.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.08g (64.16%), Vitamin D: 29.14µg (194.28%), Vitamin B12: 5.64µg (93.99%), Selenium: 56.82µg (81.17%), Vitamin K: 46.24µg (44.04%), Vitamin B3: 8.06mg (40.31%), Phosphorus: 306.95mg (30.7%), Vitamin B6: 0.49mg (24.38%), Vitamin E: 3.32mg (22.16%), Copper: 0.4mg (20.15%), Vitamin B5: 1.63mg (16.26%), Vitamin B2: 0.23mg (13.33%), Potassium: 342.34mg (9.78%), Iron: 1.56mg (8.66%), Magnesium: 34.01mg (8.5%), Vitamin A: 376.17IU (7.52%), Calcium: 51.36mg (5.14%), Zinc: 0.67mg (4.47%), Vitamin B1: 0.05mg (3.19%), Manganese: 0.04mg (2.07%), Folate: 7.13µg (1.78%)