

Double-Salmon Dip

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



469 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce whipped cream
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 ounce carrot red
- ☐ 4 ounces salmon smoked thinly sliced cut into 1/2-inch pieces
- ☐ 3 tablespoons milk whole

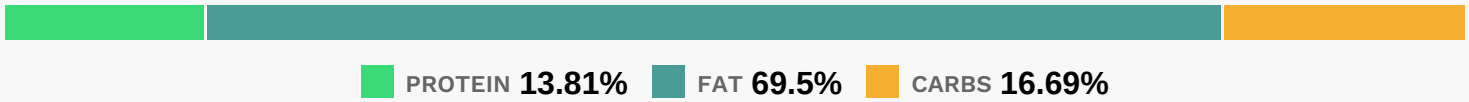
Equipment

- ☐ bowl
- ☐ spatula

Directions

- ☐ Using rubber spatula, mash whipped cream cheese and milk in medium bowl to blend. Fold in salmon and 1 tablespoon chives. Season with pepper to taste. Gently fold in caviar. Cover and refrigerate 2 hours to blend flavors. (Can be made 1 day ahead. Keep refrigerated.)
- ☐ Sprinkle dip with remaining 1 tablespoon chives.
- ☐ Serve dip chilled.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:10.67, Inflammation Score:-6, Nutrition Score:15.17565223769%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 469.43kcal (23.47%), Fat: 36.94g (56.83%), Saturated Fat: 21.82g (136.38%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 19.91g (7.24%), Sugar: 12.85g (14.28%), Cholesterol: 196.09mg (65.36%), Sodium: 331.4mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.04%), Vitamin D: 9.52µg (63.47%), Vitamin B12: 3.26µg (54.4%), Selenium: 22.28µg (31.83%), Phosphorus: 288.84mg (28.88%), Vitamin A: 1236.46IU (24.73%), Vitamin E: 2.81mg (18.75%), Calcium: 181.32mg (18.13%), Vitamin B2: 0.3mg (17.61%), Vitamin B3: 2.26mg (11.29%), Vitamin B5: 1.04mg (10.41%), Vitamin B6: 0.21mg (10.39%), Potassium: 358.6mg (10.25%), Vitamin B1: 0.12mg (8%), Magnesium: 29.86mg (7.46%), Vitamin K: 7.25µg (6.91%), Zinc: 0.94mg (6.26%), Copper: 0.12mg (6.21%), Folate: 21.76µg (5.44%), Vitamin C: 3.73mg (4.52%), Iron: 0.54mg (3.01%)