



Extra-Creamy Smoked Salmon Dip

READY IN



45 min.

SERVINGS



10

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 servings roasted-garlic bagel chips assorted
- 16 ounce cream cheese softened
- 0.3 cup chives dried finely chopped
- 0.3 teaspoon garlic powder
- 0.3 cup milk
- 0.3 teaspoon pepper
- 0.5 cup bell pepper green red chopped
- 0.3 teaspoon salt
- 4 ounces salmon smoked chopped

8 ounce cup heavy whipping cream sour

Equipment

oven

baking pan

hand mixer

Directions

Beat first 6 ingredients at medium speed with an electric mixer until blended; stir in salmon, chives, and bell pepper. Spoon into a 2 1/2-quart baking dish.

Bake at 350 for 20 minutes.

Serve immediately with crackers or bagel chips.

Nutrition Facts

PROTEIN 10.13% **FAT 81.22%** **CARBS 8.65%**

Properties

Glycemic Index:11.2, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:5.3726085916809%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 227.35kcal (11.37%), Fat: 20.87g (32.1%), Saturated Fat: 11.7g (73.1%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.8g (1.74%), Sugar: 3.02g (3.36%), Cholesterol: 62.53mg (20.84%), Sodium: 310.22mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.71%), Vitamin A: 852.69IU (17.05%), Vitamin D: 2.01µg (13.37%), Selenium: 8.56µg (12.23%), Vitamin B2: 0.17mg (9.75%), Phosphorus: 92.82mg (9.28%), Vitamin B12: 0.55µg (9.17%), Vitamin C: 6.72mg (8.15%), Calcium: 77.37mg (7.74%), Vitamin B5: 0.47mg (4.66%), Vitamin B6: 0.09mg (4.48%), Vitamin E: 0.66mg (4.41%), Potassium: 134.2mg (3.83%), Vitamin B3: 0.65mg (3.23%), Magnesium: 10.53mg (2.63%), Zinc: 0.38mg (2.52%), Copper: 0.05mg (2.25%), Vitamin K: 1.96µg (1.86%), Vitamin B1: 0.03mg (1.76%), Folate: 6.55µg (1.64%), Iron: 0.25mg (1.4%), Manganese: 0.03mg (1.35%)