



Frosty Smoked Salmon Spread

 Gluten Free

READY IN



130 min.

SERVINGS



3

CALORIES



567 kcal

CONDIMENT

DIP

SPREAD

Ingredients

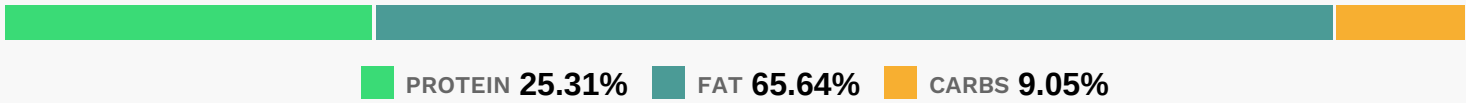
- ☐ 8 ounces cream cheese softened
- ☐ 1 pound salmon smoked
- ☐ 0.3 cup spring onion chopped
- ☐ 0.8 cup whipped cream softened
- ☐ 0.3 cup sunflower seeds toasted
- ☐ 1 serving savory vegetable sliced

Equipment

Directions

- ☐ Mix 8-ounce package cream cheese, the salmon and onions thoroughly. Shape mixture into a ball. Frost with whipped cream cheese.
- ☐ Sprinkle with nuts.
- ☐ Cover and refrigerate at least 2 hours until chilled.
- ☐ Serve with crackers. Store tightly covered in refrigerator up to 2 weeks or in freezer up to 4 weeks.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:31.433043189671%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 567.34kcal (28.37%), Fat: 41.79g (64.29%), Saturated Fat: 19.28g (120.5%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 10.58g (3.85%), Sugar: 4.53g (5.03%), Cholesterol: 122.53mg (40.84%), Sodium: 1440.56mg (62.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.5%), Vitamin D: 25.91µg (172.77%), Selenium: 61.79µg (88.27%), Vitamin B12: 5.14µg (85.65%), Vitamin A: 2878.58IU (57.57%), Vitamin E: 6.76mg (45.07%), Phosphorus: 436.88mg (43.69%), Vitamin B3: 8.57mg (42.85%), Vitamin B6: 0.65mg (32.66%), Copper: 0.6mg (29.95%), Vitamin B2: 0.41mg (24.03%), Magnesium: 80.91mg (20.23%), Vitamin B5: 1.97mg (19.74%), Vitamin K: 19.27µg (18.36%), Vitamin B1: 0.26mg (17.64%), Manganese: 0.34mg (16.96%), Potassium: 545.77mg (15.59%), Iron: 2.37mg (13.19%), Calcium: 127.41mg (12.74%), Folate: 49.76µg (12.44%), Zinc: 1.63mg (10.86%), Fiber: 2.39g (9.56%), Vitamin C: 4.88mg (5.91%)