



## Layered Smoked Salmon Spread

READY IN



70 min.

SERVINGS



24

CALORIES



151 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 16 oz cream cheese softened
- 1 cup cream sour
- 1 teaspoon lemon pepper
- 2 tablespoons optional: dill fresh chopped
- 4 oz salmon smoked flaked
- 0.5 cup bell pepper red finely chopped
- 1 serving optional: dill fresh
- 96 round buttery crackers

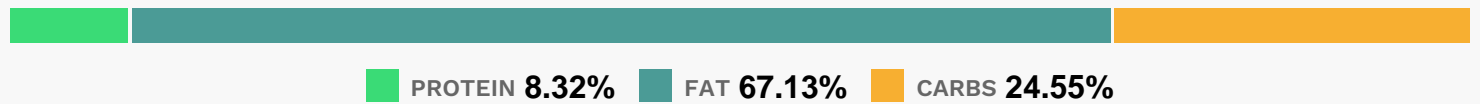
## Equipment

- bowl
- frying pan
- plastic wrap
- spatula

## Directions

- Line 3-cup bowl or pan with plastic wrap, letting plastic wrap hang over edge. In large bowl, stir together cream cheese, 1/2 cup of the sour cream, the lemon-pepper seasoning and chopped dill weed until well blended.
- Spoon 1/2 of cream cheese mixture by heaping tablespoonfuls into bowl; spread and press into bottom of bowl. Top with salmon. Spoon remaining cheese mixture by tablespoonfuls over salmon; spread over salmon layer. Fold plastic wrap over top of cheese to cover completely; press top layer of cheese onto salmon. Refrigerate 1 hour.
- Remove plastic wrap from top of cheese mixture.
- Place serving plate upside down on bowl; turn plate and bowl over.
- Remove bowl and plastic wrap. Using rubber spatula, spread remaining 1/2 cup sour cream over cheese mixture. Spoon bell pepper over sour cream.
- Garnish with dill weed sprigs.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:5.04, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:3.866956519044%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 150.72kcal (7.54%), Fat: 11.36g (17.48%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 8.99g (3.27%), Sugar: 2.15g (2.38%), Cholesterol: 25.83mg (8.61%), Sodium: 205.36mg (8.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin A: 418.18IU (8.36%), Phosphorus: 68.98mg (6.9%), Vitamin K: 6.83µg (6.51%), Vitamin B2: 0.1mg (5.83%), Selenium: 4.07µg (5.81%), Vitamin D: 0.81µg (5.39%), Vitamin C: 4.09mg (4.96%), Vitamin E: 0.73mg (4.88%), Calcium: 47.68mg (4.77%), Vitamin B3: 0.87mg (4.33%), Manganese: 0.08mg (4.17%), Vitamin B1: 0.06mg (4.15%), Vitamin B12: 0.22µg (3.6%), Iron: 0.63mg (3.49%), Folate: 12.51µg (3.13%), Vitamin B5: 0.24mg (2.37%), Vitamin B6: 0.04mg (2.21%), Potassium: 67.41mg (1.93%), Copper: 0.03mg (1.63%), Magnesium: 6.33mg (1.58%), Zinc: 0.22mg (1.49%), Fiber: 0.36g (1.45%)