



Layered Smoked Salmon Spread

READY IN



70 min.

SERVINGS



24

CALORIES



151 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

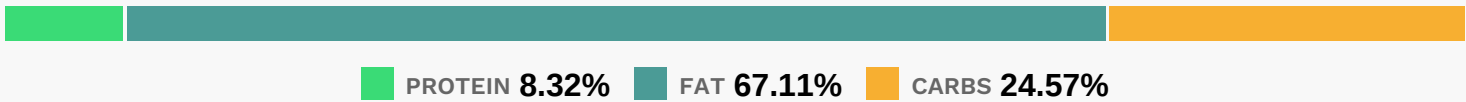
Equipment

- ☐ 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:3.8873913391777%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 150.77kcal (7.54%), Fat: 11.36g (17.48%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 8.99g (3.27%), Sugar: 2.15g (2.38%), Cholesterol: 25.83mg (8.61%), Sodium: 205.42mg (8.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin A: 425.58IU (8.51%), Phosphorus: 69.04mg (6.9%), Vitamin K: 6.83µg (6.51%), Vitamin B2: 0.1mg (5.84%), Selenium: 4.07µg (5.81%), Vitamin D: 0.81µg (5.39%), Vitamin C: 4.17mg (5.06%), Vitamin E: 0.73mg (4.88%), Calcium: 47.88mg (4.79%), Vitamin B3: 0.87mg (4.34%), Manganese: 0.08mg (4.23%), Vitamin B1: 0.06mg (4.15%), Vitamin B12: 0.22µg (3.6%), Iron: 0.63mg (3.52%), Folate: 12.65µg (3.16%), Vitamin B5: 0.24mg (2.37%), Vitamin B6: 0.04mg (2.22%), Potassium: 68.12mg (1.95%), Copper: 0.03mg (1.64%), Magnesium: 6.38mg (1.59%), Zinc: 0.22mg (1.49%), Fiber: 0.37g (1.46%)