



PHILADELPHIA Smoked Salmon and Cream Cheese Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup knudsen cream sour
- 8 oz philadelphia cream cheese softened
- 1 Tbsp dill weed
- 0.3 cup onions red chopped
- 4 oz salmon smoked chopped

Equipment

Directions

- Spread cream cheese onto bottom of pie plate.
- Top with remaining ingredients.

Nutrition Facts

PROTEIN 12.8% **FAT 79.91%** **CARBS 7.29%**

Properties

Glycemic Index:6.9, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:3.1495652237664%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 117.03kcal (5.85%), Fat: 10.53g (16.2%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.41g (1.57%), Cholesterol: 32.3mg (10.77%), Sodium: 163.87mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin D: 1.94µg (12.93%), Selenium: 6.07µg (8.67%), Vitamin A: 389.27IU (7.79%), Vitamin B12: 0.44µg (7.4%), Phosphorus: 52.79mg (5.28%), Vitamin B2: 0.08mg (4.95%), Calcium: 35.86mg (3.59%), Vitamin B3: 0.57mg (2.86%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.39mg (2.62%), Potassium: 70.29mg (2.01%), Copper: 0.03mg (1.69%), Magnesium: 5.65mg (1.41%), Zinc: 0.19mg (1.29%)