



Salmon and Dill Spread

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 heads endive
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 8 ounces cream cheese at room temperature reduced-fat
- ☐ 14.8 oz salmon red drained canned
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup salmon smoked chopped

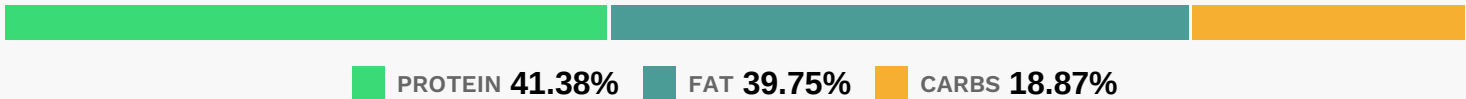
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, puree canned salmon, cream cheese, lemon juice and zest until smooth, stopping and scraping down sides of work bowl a few times.
- ☐ Add smoked salmon and dill; pulse just to combine, taking care not to puree completely. Taste and season with salt and pepper.
- ☐ Transfer mixture to a bowl, cover and chill for at least 2hours, or up to 2days. When ready to serve, separate leaves of endive and spoon or pipe 1 heaping Tbsp. spread onto wide end of each leaf.
- ☐ Serve right away, or cover and chill for up to 6 hours.
- ☐ Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:29.590434841488%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 17.06mg, Kaempferol: 17.06mg, Kaempferol: 17.06mg, Kaempferol: 17.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 168.53kcal (8.43%), Fat: 7.67g (11.81%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 2.93g (1.07%), Sugar: 2.15g (2.39%), Cholesterol: 60.65mg (20.22%), Sodium: 598.58mg (26.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Vitamin K: 390.19µg (371.6%), Vitamin A: 3862.68IU (77.25%), Folate: 248.02µg (62%), Vitamin D: 9.12µg (60.78%), Vitamin B12: 3.13µg (52.09%), Manganese: 0.73mg (36.58%), Selenium: 24.88µg (35.54%), Phosphorus: 302.7mg (30.27%), Calcium: 279.4mg (27.94%),

Vitamin B3: 4.99mg (24.95%), Potassium: 792.91mg (22.65%), Vitamin B5: 2.13mg (21.31%), Fiber: 5.27g (21.07%),
Vitamin B2: 0.29mg (17.3%), Vitamin C: 12.46mg (15.11%), Zinc: 2.03mg (13.51%), Copper: 0.24mg (11.98%),
Magnesium: 46.1mg (11.53%), Vitamin B1: 0.16mg (10.89%), Iron: 1.94mg (10.76%), Vitamin E: 1.61mg (10.72%), Vitamin
B6: 0.13mg (6.35%)