



Salmon Dip with Tarragon

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



507 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery diced
- ☐ 1 tablespoons tarragon fresh chopped
- ☐ 3 tablespoons green onions finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup bell pepper diced red
- ☐ 12 ounce salmon fillet

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

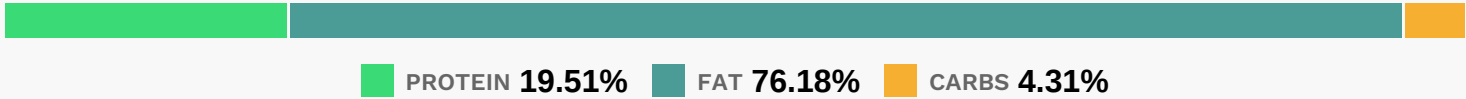
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Pour water to a depth of 2 inches into a large skillet; bring to a boil.
- ☐ Add fish, and return to a boil. Cover, reduce heat. and simmer 5 to 8 minutes or until fish flakes with a fork.
- ☐ Remove from skillet with a slotted spoon; cool slightly. Flake into bite-size pieces.
- ☐ Stir together fish and remaining ingredients. Cover and chill 1 to 2 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:24.527391350788%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 506.67kcal (25.33%), Fat: 42.81g (65.86%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.59g (1.67%), Sugar: 2.59g (2.88%), Cholesterol: 100.67mg (33.56%), Sodium: 696.22mg (30.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.33%), Vitamin K: 76.92µg (73.26%), Selenium: 43.87µg (62.67%), Vitamin B12: 3.73µg (62.19%), Vitamin B6: 1.05mg (52.74%), Vitamin B3: 9.35mg (46.75%), Vitamin B2: 0.56mg (32.71%), Vitamin C: 23.95mg (29.04%), Phosphorus: 279.46mg (27.95%),

Potassium: 758.12mg (21.66%), Vitamin B5: 2.16mg (21.61%), Vitamin B1: 0.29mg (19.22%), Vitamin A: 893.92IU (17.88%), Copper: 0.33mg (16.31%), Folate: 53.62µg (13.41%), Magnesium: 49.56mg (12.39%), Manganese: 0.25mg (12.26%), Vitamin E: 1.64mg (10.93%), Iron: 1.94mg (10.8%), Calcium: 92.62mg (9.26%), Zinc: 1.07mg (7.15%), Fiber: 0.86g (3.44%)