



Smoked Salmon and Bacon Wraps with Dill Spread

READY IN



30 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 cup dill sprigs fresh
- ☐ 1 cucumber english cut into thin 6-in sticks
- ☐ 4 sheets flour tortillas
- ☐ 1 tablespoon garlic chopped
- ☐ 0.3 cup slivered onion red
- ☐ 1 cans alaska salmon smoked drained (7 oz. total)

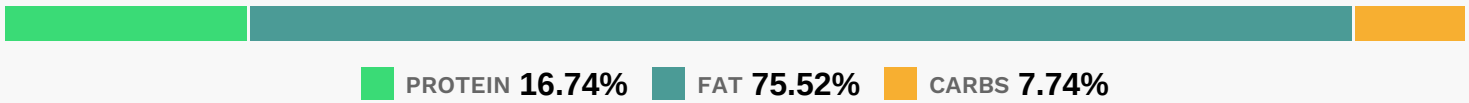
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Cook bacon in a frying pan until crisp. Set aside.
- ☐ In a food processor, whirl together garlic, cream cheese, and dill until smooth.
- ☐ Spread about 1/4 cup of the cheese mixture onto each lavash. Evenly divide salmon among lavash. For each wrap, lay a quarter of the cucumber slices over salmon, followed by 2 slices of bacon and a few slices of onion.
- ☐ Roll up to seal.
- ☐ Cut in half to serve.
- ☐ * Soft Mediterranean flatbread, available at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:17.234782431437%

Flavonoids

Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 479.27kcal (23.96%), Fat: 40.45g (62.23%), Saturated Fat: 17.86g (111.65%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.46g (3.08%), Sugar: 3.87g (4.29%), Cholesterol: 113.81mg (37.94%), Sodium: 508.08mg (22.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.35%), Selenium: 32.75µg (46.79%), Vitamin A: 1783.74IU (35.67%), Vitamin B6: 0.65mg (32.35%), Vitamin B12: 1.93µg (32.25%), Vitamin B3: 6.08mg (30.4%), Phosphorus: 257.8mg (25.78%), Vitamin B2: 0.42mg (24.9%), Vitamin B1: 0.29mg (19.21%), Potassium: 627.8mg (17.94%), Vitamin B5: 1.67mg (16.66%), Vitamin C: 13.45mg (16.3%), Manganese: 0.28mg (13.91%), Vitamin K: 13.64µg (12.99%), Folate: 43.38µg (10.84%), Calcium: 107.02mg (10.7%), Magnesium: 42.82mg (10.7%), Copper: 0.21mg

(10.63%), Iron: 1.72mg (9.55%), Zinc: 1.43mg (9.5%), Vitamin E: 0.7mg (4.69%), Fiber: 0.87g (3.47%), Vitamin D: 0.18µg (1.17%)