



Smoked salmon & bean dip with crispy pittas

READY IN



30 min.

SERVINGS



8

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 410 g .5 can cannellini beans rinsed drained canned
- ☐ 200 g greek yogurt
- ☐ 225 g pack salmon trimmings smoked
- ☐ 1 tbsp optional: dill fresh chopped
- ☐ 1 tbsp juice of lemon
- ☐ 6 pitta bread
- ☐ 2 tbsp olive oil
- ☐ 8 servings sea salt flakes
- ☐ 2 tbsp optional: dill fresh chopped

☐ 2 bunches radishes

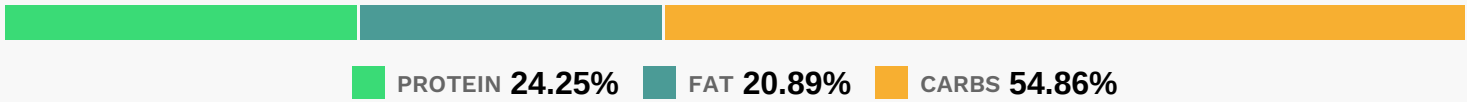
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Tip the beans into a food processor with the yogurt and blend until smooth.
- ☐ Add the salmon and pulse, keeping the salmon quite chunky. Tip into a bowl and stir in the dill, lemon juice and seasoning. This can be made up to a day ahead.
- ☐ For the pittas, preheat the oven to fan 180C/conventional 200C/gas
- ☐ Tear the pittas onto 2 baking trays.
- ☐ Drizzle with the oil and sprinkle with the sea salt and dill.
- ☐ Bake for 7 minutes until crisp. These can be made a day ahead or just before serving.
- ☐ Once the pittas have cooled, pack them and the dip into separate rigid containers. Transport the radishes packed in ice to keep them crisp.
- ☐ Put the bowl of dip on a platter and surround with the pitta.
- ☐ Serve the iced radishes separately.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:24.47, Inflammation Score:-3, Nutrition Score:11.474347912747%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 262.53kcal (13.13%), Fat: 6.05g (9.3%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 32.14g (11.69%), Sugar: 1.25g (1.38%), Cholesterol: 16.72mg (5.57%), Sodium: 447.9mg (19.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.59%), Manganese: 0.48mg (24.2%), Selenium: 13.64µg (19.48%), Phosphorus: 180.38mg (18.04%), Vitamin B12: 1.07µg (17.82%), Vitamin B3: 3.26mg (16.28%), Vitamin B1: 0.23mg (15.5%), Vitamin B6: 0.31mg (15.44%), Fiber: 3.59g (14.37%), Vitamin B2: 0.24mg (14.26%), Folate: 55.9µg (13.97%), Potassium: 488.38mg (13.95%), Copper: 0.27mg (13.55%), Iron: 2.44mg (13.54%), Magnesium: 49.41mg (12.35%), Calcium: 108.36mg (10.84%), Zinc: 1.28mg (8.51%), Vitamin B5: 0.84mg (8.36%), Vitamin E: 0.91mg (6.09%), Vitamin K: 3.76µg (3.58%), Vitamin C: 2.7mg (3.28%)