



Smoked Salmon Blintzes

 Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 0.5 cup cucumber finely chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 4 ounce salmon smoked cut into thin strips
- ☐ 4 basic blintzes
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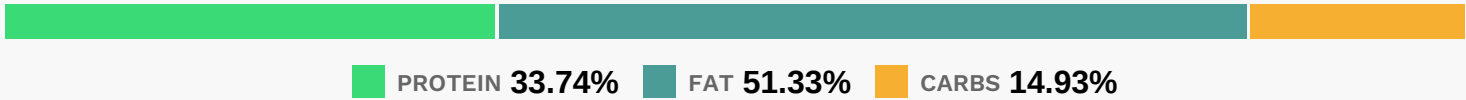
Equipment

☐ bowl

Directions

- ☐ Combine cucumber, sour cream, dill, and garlic in a small bowl. Top each blintz with salmon; spoon sauce over salmon.
- ☐ Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:5.4339130831801%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 76.15kcal (3.81%), Fat: 4.31g (6.62%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.31g (0.34%), Cholesterol: 16.58mg (5.53%), Sodium: 246.7mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin D: 4.91µg (32.7%), Vitamin B12: 1.04µg (17.42%), Selenium: 10.27µg (14.67%), Phosphorus: 72.34mg (7.23%), Vitamin B3: 1.37mg (6.87%), Vitamin B6: 0.11mg (5.43%), Calcium: 48.35mg (4.83%), Copper: 0.09mg (4.27%), Vitamin B2: 0.07mg (4.05%), Potassium: 138.55mg (3.96%), Vitamin E: 0.47mg (3.17%), Vitamin B5: 0.29mg (2.94%), Vitamin A: 134.91IU (2.7%), Magnesium: 10.31mg (2.58%), Manganese: 0.04mg (1.92%), Zinc: 0.27mg (1.83%), Iron: 0.32mg (1.79%), Vitamin B1: 0.03mg (1.71%), Folate: 6.17µg (1.54%), Vitamin C: 1.22mg (1.48%), Vitamin K: 1.39µg (1.32%)