



Smoked Salmon-Cardamom Spread

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.8 cup cream sour reduced-fat
- ☐ 1 pound salmon boneless divided (kippered)

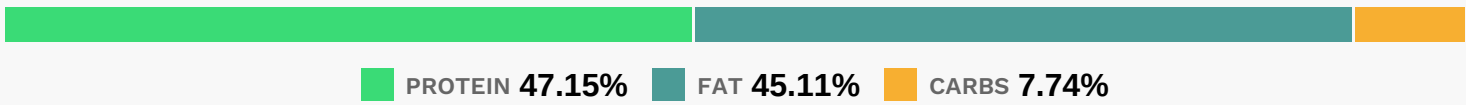
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Place half of salmon, sour cream, rind, juice, cardamom, and pepper in a food processor. Process until smooth.
- ☐ Transfer salmon mixture to a bowl.
- ☐ Coarsely chop remaining salmon, and fold into salmon mixture. Gently fold in 1/4 cup chives. Cover and chill.
- ☐ Garnish with additional chopped chives, if desired.
- ☐ How to Hot-Smoke a Salmon: Besides fresh fish at the seafood counter, keep an eye out for smoked salmon, either hot-smoked (kippered) or cold-smoked (lox). I use hot-smoked salmon in the winter for pizzas and other savory dishes. Lox is more delicate and doesn't hold up to cooking, but we serve it with breakfast toast and with appetizers in the afternoon.
- ☐ Although commercially smoked fish is readily available, you can also prepare your own on the grill with wood chips available in small bags from most markets. I prefer alder wood if it is available. Use this smoked salmon in the recipes here, or add it to pasta, pizza, or a main-course salad. -KD

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.6547826049121%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 38.77kcal (1.94%), Fat: 1.9g (2.93%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 0.74g (0.24%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.05g (0.06%), Cholesterol: 8.24mg (2.75%), Sodium: 185.01mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin D: 3.9µg (25.97%), Vitamin B12: 0.78µg (12.93%), Selenium: 7.62µg (10.89%), Vitamin B3: 1.08mg (5.41%), Phosphorus: 43.76mg (4.38%), Vitamin B6: 0.07mg (3.31%), Copper: 0.05mg (2.75%), Vitamin E: 0.33mg (2.23%), Vitamin B2: 0.03mg (2.01%), Vitamin B5: 0.2mg (2.01%), Potassium: 61mg (1.74%), Calcium: 15.5mg (1.55%), Vitamin A: 70.02IU (1.4%), Magnesium: 5.31mg (1.33%), Iron: 0.21mg (1.19%), Vitamin K: 1.17µg (1.12%)