



## Smoked Salmon Chips

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**12**

CALORIES



**48 kcal**

**SIDE DISH**

### Ingredients

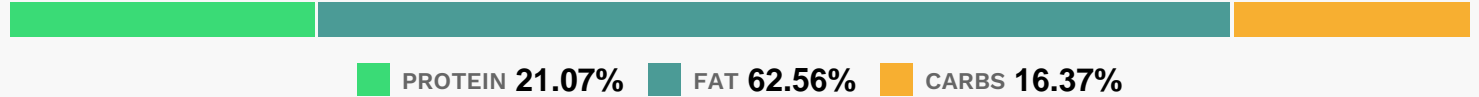
- 0.5 cup philadelphia cream cheese spread ()
- 1 Tbsp chives fresh finely chopped
- 1 Tbsp optional: dill fresh finely chopped
- 1.5 tsp milk
- 0.5 tsp orange zest
- 24 kettle-cooked ridged potato chips
- 4 oz salmon smoked thinly sliced cut into 24 strips

### Equipment

## Directions

- Mix first 5 ingredients until blended.
- Arrange chips in single layer on platter.
- Roll each salmon strip into cone shape; place 1 on each chip.
- Top with cream cheese mixture.

## Nutrition Facts



## Properties

Glycemic Index:8.17, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.9556521578975%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 47.83kcal (2.39%), Fat: 3.3g (5.07%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.34g (0.37%), Cholesterol: 8.11mg (2.7%), Sodium: 130.89mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin D: 1.62µg (10.82%), Vitamin B12: 0.31µg (5.19%), Selenium: 3.14µg (4.48%), Vitamin B3: 0.56mg (2.82%), Vitamin E: 0.38mg (2.52%), Vitamin A: 112.89IU (2.26%), Phosphorus: 19.99mg (2%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.19mg (1.9%), Calcium: 14.1mg (1.41%), Copper: 0.03mg (1.39%), Potassium: 47.44mg (1.36%), Vitamin K: 1.07µg (1.02%)