



## Smoked Salmon Dip

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

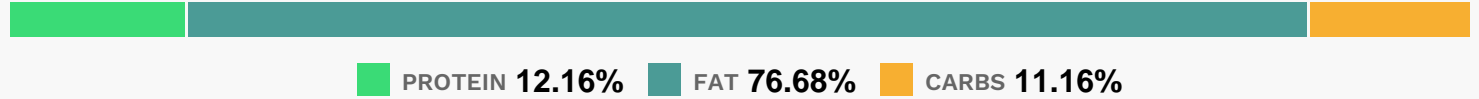
- 2 tablespoons capers jarred drained
- 0.5 teaspoon kosher salt
- 1 teaspoon juice of lemon
- 0.3 teaspoon pepper freshly ground
- 0.5 medium onion red finely chopped
- 0.3 pound salmon smoked shredded for the end pieces (ask your deli counter person)
- 2 cups cup heavy whipping cream sour
- 1 tablespoon double concentrate tomato paste (from a tube)

# Equipment

## Directions

- Watch how to make this recipe.
- Fold in the salmon and season with the salt and pepper. Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:10.4, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:3.5117391451545%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

## Nutrients (% of daily need)

Calories: 108.46kcal (5.42%), Fat: 9.44g (14.53%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.02g (2.24%), Cholesterol: 29.75mg (9.92%), Sodium: 276.62mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin D: 1.94µg (12.93%), Selenium: 5.51µg (7.87%), Vitamin B12: 0.47µg (7.77%), Vitamin A: 323.47IU (6.47%), Phosphorus: 56.76mg (5.68%), Vitamin B2: 0.1mg (5.59%), Calcium: 50.51mg (5.05%), Vitamin B3: 0.65mg (3.23%), Vitamin B6: 0.06mg (3.06%), Potassium: 103.44mg (2.96%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.26mg (2.64%), Copper: 0.05mg (2.46%), Magnesium: 8.51mg (2.13%), Vitamin C: 1.43mg (1.74%), Zinc: 0.21mg (1.42%), Manganese: 0.03mg (1.34%), Vitamin K: 1.38µg (1.32%), Iron: 0.22mg (1.23%), Folate: 4.7µg (1.18%), Vitamin B1: 0.02mg (1.05%)