



Smoked Salmon Dip

READY IN



10 min.

SERVINGS



1

CALORIES



1161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 1 teaspoon horseradish prepared drained
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 4 ounces salmon smoked minced
- ☐ 0.5 cup cup heavy whipping cream sour

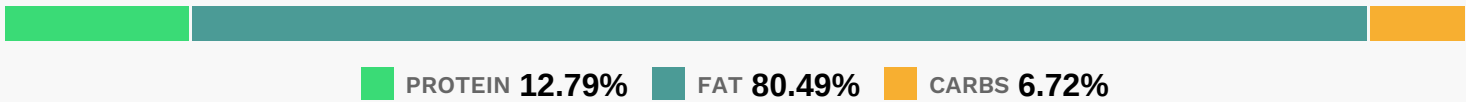
Equipment

☐ hand mixer

Directions

- ☐ Cream the cheese in an electric mixer fitted with a paddle attachment until just smooth.
- ☐ Add the sour cream, lemon juice, dill, horseradish, salt and pepper, and mix.
- ☐ Add the smoked salmon and mix well. Chill and serve with crudites and/or crackers.
- ☐ Photograph by Quentin Bacon

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:30.202608870423%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 1161.29kcal (58.06%), Fat: 105.32g (162.03%), Saturated Fat: 58.5g (365.62%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 19.45g (7.07%), Sugar: 13.23g (14.7%), Cholesterol: 323mg (107.67%), Sodium: 2821.06mg (122.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.66g (75.32%), Vitamin D: 19.39µg (129.27%), Selenium: 60.68µg (86.69%), Vitamin A: 3895.59IU (77.91%), Vitamin B12: 4.44µg (73.95%), Phosphorus: 519.85mg (51.98%), Vitamin B2: 0.83mg (49.11%), Calcium: 356.08mg (35.61%), Vitamin B3: 5.71mg (28.55%), Vitamin B5: 2.7mg (26.99%), Vitamin E: 3.95mg (26.31%), Vitamin B6: 0.5mg (25.11%), Potassium: 679.15mg (19.4%), Copper: 0.34mg (16.79%), Magnesium: 55.68mg (13.92%), Zinc: 1.93mg (12.84%), Vitamin C: 8.43mg (10.21%), Folate: 36.11µg (9.03%), Iron: 1.41mg (7.84%), Vitamin K: 7.48µg (7.13%), Vitamin B1: 0.11mg (7.07%), Manganese: 0.14mg (6.84%), Fiber: 0.34g (1.38%)