



Smoked Salmon Dip

READY IN



45 min.

SERVINGS



3

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 servings pumpernickel bread
- ☐ 2 tablespoons chives plus more thinly sliced
- ☐ 0.7 cup crème fraîche
- ☐ 4 teaspoons horseradish white store-bought prepared ()
- ☐ 3 servings pepper black freshly ground
- ☐ 1 optional: lemon
- ☐ 0.7 cup greek yogurt plain greek-style
- ☐ 1 pound salmon smoked thinly sliced

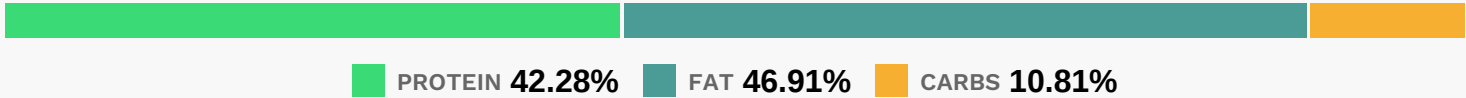
Equipment

- ☐ whisk
- ☐ peeler

Directions

- ☐ Whisk first 3 ingredients in a small bowluntil well blended.
- ☐ Place salmon in a foodprocessor; pulse just a few seconds at atime until salmon is reduced to pea-sizepieces.
- ☐ Add salmon and 2 tablespoons chives tocrème fraîche mixture; fold to incorporate.Season to taste with salt and pepper.DO AHEAD: Can be made 3 days ahead.
- ☐ Using a vegetable peeler, removezest from lemon (yellow part only).
- ☐ Cutlengthwise into thin strips.
- ☐ Garnish dipwith lemon zest and 2"-long pieces of freshchives.
- ☐ Serve with pumpernickel toasts.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:24.248695663784%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 322.2kcal (16.11%), Fat: 16.81g (25.87%), Saturated Fat: 6.64g (41.52%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.35g (2.67%), Sugar: 4.67g (5.19%), Cholesterol: 67.15mg (22.38%), Sodium: 1251.99mg (54.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.2%), Vitamin D: 25.85µg (172.37%), Vitamin B12: 5.35µg

(89.12%), Selenium: 55.88µg (79.83%), Vitamin B3: 7.38mg (36.92%), Phosphorus: 358.18mg (35.82%), Vitamin C: 22.36mg (27.11%), Vitamin B6: 0.51mg (25.39%), Vitamin B2: 0.38mg (22.22%), Copper: 0.39mg (19.45%), Vitamin B5: 1.72mg (17.21%), Vitamin E: 2.3mg (15.36%), Calcium: 133.64mg (13.36%), Potassium: 466.56mg (13.33%), Vitamin A: 547.4IU (10.95%), Magnesium: 43.45mg (10.86%), Iron: 1.67mg (9.26%), Zinc: 0.98mg (6.51%), Fiber: 1.37g (5.47%), Vitamin K: 5.44µg (5.18%), Folate: 20.01µg (5%), Vitamin B1: 0.07mg (4.98%), Manganese: 0.09mg (4.39%)