



Smoked Salmon Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings optional: dill fresh
- 2 tablespoons optional: dill fresh
- 1 tablespoon juice of lemon fresh
- 2 tablespoons onion red chopped
- 4 ounces salmon smoked chopped
- 4 ounces cream light sour

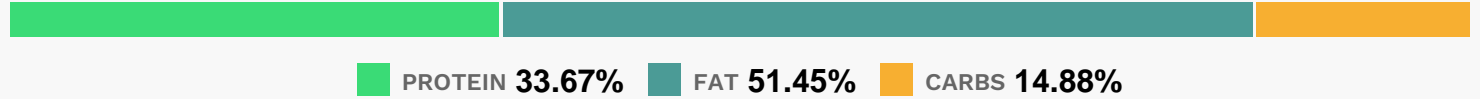
Equipment

- bowl

Directions

- Combine softened cream cheese, sour cream, 2 tablespoons fresh dill, lemon juice, salmon, and onion in a medium bowl.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.471304298419%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 49.8kcal (2.49%), Fat: 2.83g (4.36%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.25g (0.27%), Cholesterol: 10.96mg (3.65%), Sodium: 164.16mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin D: 3.27µg (21.8%), Vitamin B12: 0.7µg (11.59%), Selenium: 6.73µg (9.61%), Vitamin B3: 0.92mg (4.58%), Phosphorus: 45.73mg (4.57%), Vitamin B6: 0.06mg (3.1%), Calcium: 30.13mg (3.01%), Vitamin B2: 0.04mg (2.57%), Copper: 0.05mg (2.43%), Potassium: 82.31mg (2.35%), Vitamin E: 0.32mg (2.11%), Vitamin A: 96.66IU (1.93%), Vitamin C: 1.58mg (1.92%), Vitamin B5: 0.17mg (1.73%), Magnesium: 5.9mg (1.48%), Iron: 0.2mg (1.1%), Zinc: 0.16mg (1.08%)