



Smoked Salmon Dip

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 ounce cream cheese light
- ☐ 4 ounces salmon smoked divided chopped

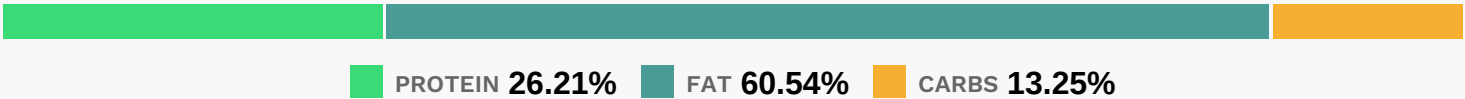
Equipment

- ☐ food processor

Directions

- ☐ Combine first 3 ingredients in a food processor.
- ☐ Add half of salmon; process until smooth. Fold in remaining half of salmon.
- ☐ Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3152173687906%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 49.35kcal (2.47%), Fat: 3.3g (5.08%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.13g (1.26%), Cholesterol: 12.38mg (4.13%), Sodium: 141.99mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin D: 1.67µg (11.15%), Vitamin B12: 0.48µg (8.03%), Selenium: 3.82µg (5.46%), Phosphorus: 44.37mg (4.44%), Calcium: 29.22mg (2.92%), Vitamin B2: 0.04mg (2.64%), Vitamin B5: 0.24mg (2.44%), Vitamin B3: 0.47mg (2.36%), Vitamin A: 117.77IU (2.36%), Potassium: 65mg (1.86%), Vitamin B6: 0.04mg (1.77%), Copper: 0.03mg (1.4%), Vitamin E: 0.18mg (1.2%), Folate: 4.13µg (1.03%)