



Smoked Salmon Dip

READY IN



7 min.

SERVINGS



7

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons capers
- ☐ 1 sticks flatbread crackers raw
- ☐ 8 ounces cream cheese softened
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons onion red finely chopped
- ☐ 4 ounces salmon smoked coarsely chopped
- ☐ 0.5 cup cup heavy whipping cream sour

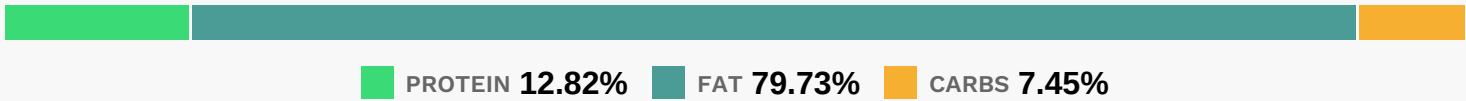
Equipment

☐ food processor

Directions

- ☐ Combine first 6 ingredients in a food processor, and pulse until blended. Stir in salmon.
- ☐ Serve with vegetables, breadsticks, or crackers.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:4.6421739277632%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 167.77kcal (8.39%), Fat: 15.09g (23.22%), Saturated Fat: 8.37g (52.31%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 3.04g (1.11%), Sugar: 1.97g (2.19%), Cholesterol: 46.14mg (15.38%), Sodium: 298.59mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin D: 2.77µg (18.47%), Selenium: 8.69µg (12.42%), Vitamin A: 563.73IU (11.27%), Vitamin B12: 0.63µg (10.56%), Phosphorus: 75.41mg (7.54%), Vitamin B2: 0.12mg (7.26%), Calcium: 51.96mg (5.2%), Vitamin B3: 0.84mg (4.19%), Vitamin E: 0.59mg (3.92%), Vitamin B5: 0.39mg (3.89%), Vitamin B6: 0.08mg (3.76%), Potassium: 99.96mg (2.86%), Copper: 0.06mg (2.82%), Magnesium: 8.73mg (2.18%), Zinc: 0.28mg (1.88%), Vitamin C: 1.38mg (1.68%), Vitamin K: 1.59µg (1.51%), Folate: 6µg (1.5%), Iron: 0.24mg (1.36%), Vitamin B1: 0.02mg (1.16%)