



Smoked Salmon Platter with Dill Sour Cream

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon capers rinsed drained
- 8 servings round buttery crackers
- 2 teaspoons optional: dill fresh chopped
- 2 tablespoons shallots chopped
- 1 pound salmon smoked sliced
- 0.3 cup cream sour

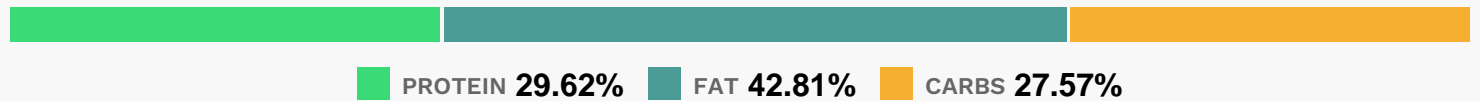
Equipment

- bowl

Directions

- Arrange salmon slices on large platter.
- Mix sour cream and dill in small bowl to blend. Season to taste with salt and pepper. Spoon sour cream mixture in center of salmon.
- Sprinkle shallots and capers over salmon.
- Serve salmon platter with crackers or bread.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:10.481739004021%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 161.33kcal (8.07%), Fat: 7.57g (11.64%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.48g (3.81%), Sugar: 1.75g (1.94%), Cholesterol: 17.28mg (5.76%), Sodium: 615.87mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.57%), Vitamin D: 9.7µg (64.64%), Vitamin B12: 1.86µg (31.06%), Selenium: 19.41µg (27.73%), Vitamin B3: 3.48mg (17.38%), Phosphorus: 143.75mg (14.37%), Vitamin E: 1.36mg (9.07%), Vitamin B6: 0.18mg (8.95%), Vitamin K: 8.43µg (8.03%), Copper: 0.16mg (7.88%), Iron: 1.25mg (6.95%), Vitamin B2: 0.11mg (6.69%), Vitamin B5: 0.58mg (5.84%), Vitamin B1: 0.09mg (5.79%), Manganese: 0.11mg (5.26%), Calcium: 39.51mg (3.95%), Potassium: 136.18mg (3.89%), Magnesium: 14.83mg (3.71%), Folate: 14.2µg (3.55%), Zinc: 0.31mg (2.07%), Vitamin A: 97.52IU (1.95%), Fiber: 0.48g (1.92%)