



Smoked Salmon Rillettes and Dilled Yogurt

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup capers drained chopped
- ☐ 1 tablespoon chives finely chopped
- ☐ 2 tablespoons mayonnaise light
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 0.3 cup greek yogurt plain low-fat
- ☐ 16 slices pumpernickel bread
- ☐ 0.5 small onion red finely chopped

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0.5 pound salmon smoked finely chopped

Equipment

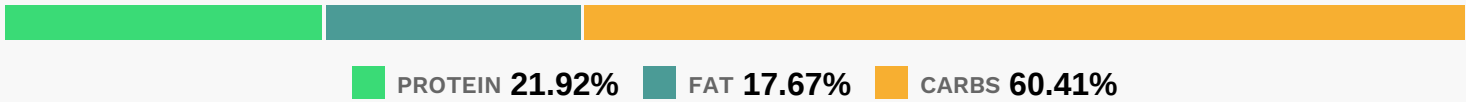
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bowl

Directions

- ☐
- In a medium bowl, stir together salmon, onion, chives, capers, mayonnaise, 1 tablespoon lemon juice, and 1/4 teaspoon pepper. In a separate small bowl, stir yogurt, dill, remaining tablespoon lemon juice, and 1/4 teaspoon pepper. Refrigerate mixtures until ready to serve.
- ☐
- Spread 1 tablespoon salmon mixture onto each of the pumpernickel squares. Top each with about 1 teaspoon dilled yogurt, and, if using, dill fronds.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:14.86, Inflammation Score:-4, Nutrition Score:13.339130546736%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 7.28mg, Kaempferol: 7.28mg, Kaempferol: 7.28mg, Kaempferol: 7.28mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

Nutrients (% of daily need)

Calories: 212.17kcal (10.61%), Fat: 4.2g (6.46%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 27.77g (10.1%), Sugar: 1.16g (1.29%), Cholesterol: 7.49mg (2.5%), Sodium: 787.38mg (34.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.43%), Manganese: 0.87mg (43.62%), Selenium: 25.07µg (35.81%), Vitamin D: 4.85µg (32.32%), Fiber: 4.51g (18.02%), Vitamin B3: 3.37mg (16.84%), Phosphorus: 164.26mg (16.43%), Folate: 64.11µg (16.03%), Vitamin B12: 0.92µg (15.4%), Vitamin B1: 0.22mg (14.77%), Vitamin B2: 0.23mg (13.81%), Copper: 0.28mg (13.78%), Iron: 2.22mg (12.31%), Magnesium: 42.88mg (10.72%), Vitamin B6: 0.17mg (8.59%), Zinc: 1.07mg (7.15%), Calcium: 60.21mg (6.02%), Potassium: 203.41mg (5.81%), Vitamin B5: 0.53mg (5.25%), Vitamin E: 0.79mg (5.24%), Vitamin K: 4.8µg (4.57%), Vitamin C: 2.5mg (3.03%), Vitamin A: 63.85IU (1.28%)