



Smoked Salmon Spread

READY IN



15 min.

SERVINGS



16

CALORIES



80 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 12 ounces salmon smoked
- 8 ounces cream cheese softened
- 4 teaspoons horseradish prepared
- 4 teaspoons spring onion finely chopped
- 1 serving round buttery crackers

Equipment

- food processor
- bowl

Directions

- Place salmon, cream cheese and horseradish in food processor. Cover and process 30 to 60 seconds or until smooth. Stir in green onions.
- Spoon salmon mixture into serving bowl; serve with crackers.
- Serve immediately, or cover and refrigerate up to 3 days.

Nutrition Facts

PROTEIN 24.23% **FAT 67.8%** **CARBS 7.97%**

Properties

Glycemic Index:5.88, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.9404347694438%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 80.17kcal (4.01%), Fat: 6.04g (9.29%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.73g (0.81%), Cholesterol: 19.21mg (6.4%), Sodium: 225.35mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin D: 3.64µg (24.24%), Vitamin B12: 0.72µg (12.07%), Selenium: 8.19µg (11.7%), Vitamin B3: 1.07mg (5.36%), Phosphorus: 53.34mg (5.33%), Vitamin A: 213.88IU (4.28%), Vitamin B6: 0.07mg (3.44%), Vitamin B2: 0.06mg (3.38%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.27mg (2.71%), Copper: 0.05mg (2.69%), Calcium: 18.69mg (1.87%), Vitamin K: 1.87µg (1.78%), Potassium: 61.56mg (1.76%), Magnesium: 5.73mg (1.43%), Iron: 0.25mg (1.41%), Zinc: 0.16mg (1.03%)