



Smoky Salmon Chive Spread

READY IN



15 min.

SERVINGS



15

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 oz salmon drained well canned (preferably Alaskan king or sockeye)
- ☐ 3 tablespoons chives chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 15 servings kosher salt
- ☐ 15 servings lavash crisp seeded
- ☐ 7 oz nonfat greek yogurt
- ☐ 0.3 cup onion red finely chopped for garnish
- ☐ 2 ounces hot-smoked salmon finely chopped

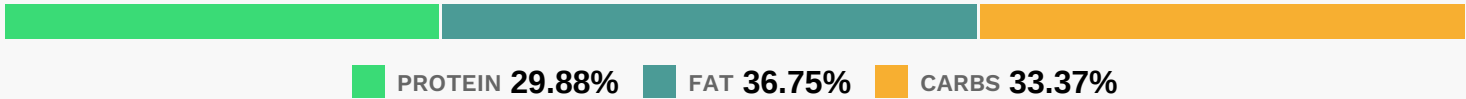
Equipment

☐ bowl

Directions

- ☐ Remove bones and skin from salmon; break into chunks. In a medium bowl, mix yogurt, hot-smoked salmon, chopped onion, chives, mustard, and pepper with a fork until well combined. Gently stir in salmon, season to taste with salt, and top with slivered onion.
- ☐ Serve with lavash.
- ☐ Make ahead: Chill, covered, up to 3 days (you may need to moisten with a bit more yogurt).

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:8.411739061708%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 132.16kcal (6.61%), Fat: 5.38g (8.28%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 10.52g (3.83%), Sugar: 1.87g (2.08%), Cholesterol: 25.06mg (8.35%), Sodium: 484.79mg (21.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.69%), Vitamin D: 4.76µg (31.71%), Vitamin B12: 1.62µg (26.99%), Selenium: 14.72µg (21.03%), Phosphorus: 177.26mg (17.73%), Vitamin B3: 3.1mg (15.5%), Calcium: 121.97mg (12.2%), Vitamin K: 9.44µg (8.99%), Vitamin B2: 0.14mg (8.39%), Vitamin E: 0.98mg (6.52%), Manganese: 0.11mg (5.72%), Vitamin B1: 0.09mg (5.68%), Iron: 1.01mg (5.6%), Potassium: 146.31mg (4.18%), Magnesium: 15.21mg (3.8%), Folate: 14.85µg (3.71%), Vitamin B6: 0.06mg (3.15%), Zinc: 0.47mg (3.1%), Vitamin B5: 0.3mg (3.04%), Copper: 0.06mg (2.88%), Fiber: 0.47g (1.9%)