



Super Smoked Fish Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons dill weed fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 pound marlin smoked
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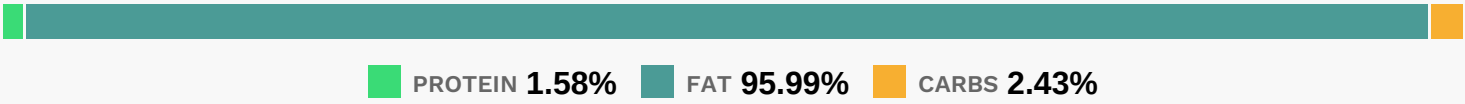
Equipment

- ☐ mixing bowl

Directions

- ☐
- In a medium-sized mixing bowl, combine mayonnaise, sour cream, and dill.
- ☐
- Mix well. Chunk or flake the smoked fish into the mixture, and gently fold until the dip is well combined.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.84478262463666%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 61.86kcal (3.09%), Fat: 6.63g (10.2%), Saturated Fat: 1.54g (9.66%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.28g (0.32%), Cholesterol: 7.18mg (2.39%), Sodium: 46.72mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin K: 11.52µg (10.97%), Vitamin E: 0.26mg (1.71%), Vitamin A: 55.12IU (1.1%)