Salmon Spread

7 servings

 can salmon (about 15 1/2 ounce)
tablespoon lemon juice
tablespoon horseradish
cup yogurt, fat-free plain
tablespoon dill weed (dried)
green onion (chopped, or 1/4 cup onion, or onion powder to taste)
parsley (for garnish)



- 1. Drain salmon and flake with a fork into a bowl.
- 2. Mix in all other ingredients.
- 3. Serve on bread, crackers, or a rice cake.
- 4. Sprinkle chopped parsley to garnish.

Source

https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/salmon-spread

Amount Per Serv	ing		
	ing		
Calories 97			
		% Dail	y Value *
Total Fat 3g			
Saturated Fa	ıt 1g		
Trans Fat			
Cholesterol 32m	q		
Sodium 251mg	•		
Total Carbohydra	te 4a		
Dietary Fiber	<u> </u>		
Sugars 3g	- 3		
Protein 13g			
Flotein 15g			
Vitamin D 8mcg F	RAE F	Potassium	312mg
Calcium 201mg		ron	1mg
*Percent Daily Value diet.Your daily values on your calorie need	s may be high		
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
	Less than Less than	300mg	300mg 2.400ma
Cholesterol			2 400ma
Cholesterol Sodium Total Carbohydrate	Less than	300g	375g

Nutrition Facts

Salmon Spread 7 servings

- 1 can salmon (about 15 1/2 ounce)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 cup yogurt, fat-free plain
- 1 tablespoon dill weed (dried)

4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)

parsley (for garnish)



- 1. Drain salmon and flake with a fork into a bowl.
- 2. Mix in all other ingredients.
- 3. Serve on bread, crackers, or a rice cake.
- 4. Sprinkle chopped parsley to garnish.

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Serving Size 1/4			
Servings Per Co		ou oprouu	(1009)
<u> </u>			
Amount Per Serv	/ing		
Calories 97	Č.		
		% Dail	y Value
Total Fat 3g			
Saturated Fa	at 1g		
Trans Fat			
Cholesterol 32m	ıg		
Sodium 251mg			
Total Carbohydra	ate 4g		
Dietary Fibe	r Og		
Sugars 3g			
Protein 13g			
Vitamin D 8mcg	RAE F	Potassium	312n
Calcium 201mg	i li	ron	1n
*Percent Daily Value diet.Your daily value on your calorie need	s may be high		
Total Fat	Less than	2,000 65a	2,500 80g
Saturated Fat	Less than	20g	25g
Cholesterol Sodium	Less than Less than	300mg	300mg
Total Carbohydrate Dietary Fiber	Less than	2,400mg 300g 25g	2,400m 375g 30g



This material is based up the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.



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