

# 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.

## Source

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

Nutrition Facts	
Serving Size 1/4 cup prepared spread (103g)	
Servings Per Container 7	
Amount Per Serving	
Calories 97	
% Daily Value *	
Total Fat	3g
Saturated Fat	1g
Trans Fat	
Cholesterol	32mg
Sodium	251mg
Total Carbohydrate	4g
Dietary Fiber	0g
Sugars	3g
Protein	13g
Vitamin D	8mcg RAE
Potassium	312mg
Calcium	201mg
Iron	1mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4

# 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.

## Source

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

Nutrition Facts	
Serving Size 1/4 cup prepared spread (103g)	
Servings Per Container 7	
Amount Per Serving	
Calories 97	
% Daily Value *	
Total Fat	3g
Saturated Fat	1g
Trans Fat	
Cholesterol	32mg
Sodium	251mg
Total Carbohydrate	4g
Dietary Fiber	0g
Sugars	3g
Protein	13g
Vitamin D	8mcg RAE
Potassium	312mg
Calcium	201mg
Iron	1mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4