



Cedar Key Spread

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



217 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 pound bluefish smoked
- ☐ 8 ounce cream cheese softened
- ☐ 1 teaspoon hot sauce
- ☐ 2.5 teaspoons juice of lime fresh
- ☐ 5 servings lime zest fresh freshly ground
- ☐ 0.8 teaspoon pepper freshly ground

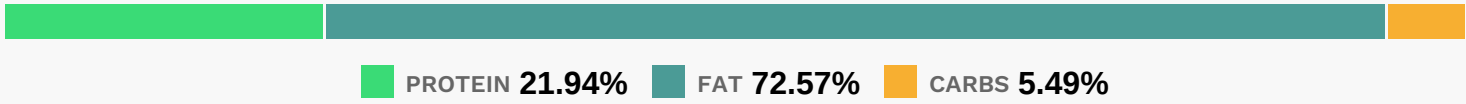
Equipment

- ☐ food processor

Directions

- ☐
- Remove skin and bones from bluefish. Process fish in food processor until finely chopped.
- ☐
- Add cream cheese and next 3 ingredients; process until smooth. Cover and chill thoroughly; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:7.8195652676665%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 216.72kcal (10.84%), Fat: 17.54g (26.99%), Saturated Fat: 9.58g (59.9%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.76g (1.96%), Cholesterol: 72.57mg (24.19%), Sodium: 190.92mg (8.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.87%), Vitamin B12: 2.54µg (42.41%), Selenium: 20.48µg (29.26%), Vitamin A: 794.44IU (15.89%), Phosphorus: 152.57mg (15.26%), Vitamin B3: 2.75mg (13.75%), Vitamin B6: 0.21mg (10.56%), Vitamin B2: 0.14mg (8.37%), Potassium: 238mg (6.8%), Vitamin B5: 0.64mg (6.44%), Magnesium: 19.97mg (4.99%), Calcium: 49.36mg (4.94%), Zinc: 0.6mg (4.01%), Manganese: 0.07mg (3.32%), Vitamin E: 0.4mg (2.67%), Vitamin B1: 0.04mg (2.54%), Copper: 0.04mg (1.92%), Iron: 0.31mg (1.74%), Vitamin C: 1.35mg (1.63%), Vitamin K: 1.64µg (1.56%), Folate: 5.36µg (1.34%)