



Creamy Smoked Trout Spread

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup crème fraîche sour
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 small shallots chopped
- ☐ 2 fillet trout smoked (8 oz. total)

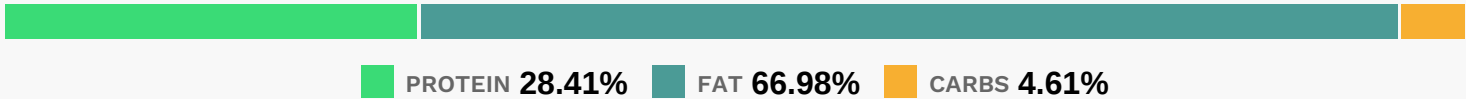
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, pulse trout, shallot, crme frache, and cream together until smooth.
- ☐ Add dill and pepper, then pulse just to combine.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:11.100434930428%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 180.49kcal (9.02%), Fat: 13.4g (20.62%), Saturated Fat: 6.51g (40.68%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.86g (0.68%), Sugar: 1.34g (1.49%), Cholesterol: 62.82mg (20.94%), Sodium: 39.43mg (1.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.58%), Vitamin B12: 4.47µg (74.55%), Manganese: 0.54mg (27.01%), Vitamin D: 2.53µg (16.85%), Phosphorus: 163.16mg (16.32%), Vitamin B2: 0.25mg (14.56%), Vitamin B1: 0.21mg (13.85%), Vitamin B3: 2.59mg (12.94%), Vitamin B5: 1.21mg (12.1%), Selenium: 8.27µg (11.82%), Vitamin A: 415.74IU (8.31%), Potassium: 258.71mg (7.39%), Vitamin B6: 0.14mg (7.06%), Copper: 0.12mg (5.97%), Iron: 0.97mg (5.39%), Calcium: 53.66mg (5.37%), Magnesium: 16.65mg (4.16%), Zinc: 0.49mg (3.24%), Folate: 10.6µg (2.65%), Vitamin E: 0.35mg (2.33%), Vitamin K: 1.46µg (1.39%), Vitamin C: 0.96mg (1.17%)