



Creamy Smoked Trout with Apple and Horseradish on Crisp Brown Bread

READY IN



45 min.

SERVINGS



12

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 loaf pumpernickel bread westphalian-style lightly toasted thinly sliced cut into triangles (such as pumpernickel)
- ☐ 1 cup celery finely chopped (2 stalks)
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 1 medium apples i use 2 granny smith apples cored peeled cut into matchstick-size strips
- ☐ 1 tablespoon horseradish fresh finely grated prepared peeled ()
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise

- ☐ 11 ounces trout smoked flaked (3 fillets)
- ☐ 0.5 cup cream sour

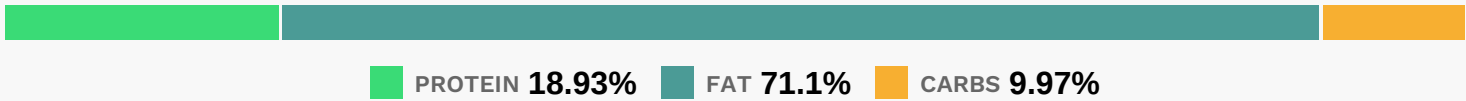
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix trout, apple, celery, and chives in large bowl to blend.
- ☐ Whisk sour cream, mayonnaise, lemon juice, and 1 tablespoon horseradish in small bowl to blend. Fold horseradish mixture gently into trout mixture (do not break up trout). Season to taste with salt, pepper, and more horseradish if desired. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Transfer trout mixture to serving bowl and place on platter. Surround with toasts and serve.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:4.905652175455%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 127.54kcal (6.38%), Fat: 10.11g (15.55%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.61g (0.95%), Sugar: 2.23g (2.48%), Cholesterol: 37.12mg (12.37%), Sodium: 94.14mg (4.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Vitamin K: 19.95µg (19%), Selenium: 12.83µg (18.33%), Vitamin B12: 0.93µg (15.51%), Phosphorus: 97.52mg (9.75%), Vitamin B6: 0.14mg (7.01%), Potassium: 173.17mg (4.95%), Vitamin B2: 0.08mg (4.84%), Vitamin B3: 0.82mg (4.12%), Vitamin A: 178.05IU (3.56%), Magnesium: 13.98mg (3.49%), Vitamin C: 2.57mg (3.11%), Vitamin B5: 0.31mg (3.1%), Vitamin E: 0.4mg (2.65%), Fiber: 0.57g (2.29%), Calcium: 22.06mg (2.21%), Folate: 8.13µg (2.03%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.23mg (1.54%), Manganese: 0.03mg (1.33%), Copper: 0.02mg (1.15%)