



Endive with Smoked Trout and Herbed Cream Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



34

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce cream cheese room temperature
- ☐ 34 servings optional: dill fresh
- ☐ 0.5 cup optional: dill fresh minced (from 3 bunches)
- ☐ 2 spring onion finely chopped
- ☐ 1 teaspoon lemon zest packed grated ()
- ☐ 4 heads belgian endive green red (and , if available)
- ☐ 8 ounces trout smoked

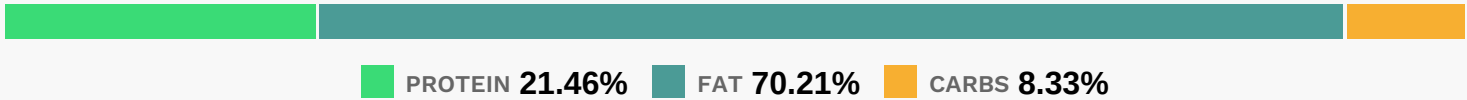
Equipment

☐ bowl

Directions

- ☐ Mix first 4 ingredients in small bowl. Season with freshly ground black pepper. (Can be made 2 days ahead. Cover; chill. Bring to room temperature before using.)
- ☐ Separate endive into leaves.
- ☐ Spread small amount of cheese mixture on base end of each leaf. Top with trout piece; garnish with small dill sprig. Arrange filled leaves on platter. (Can be made 6 hours ahead. Cover; chill.)

Nutrition Facts



Properties

Glycemic Index:2.62, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.8773912891098%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 34.87kcal (1.74%), Fat: 2.75g (4.23%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.27g (0.3%), Cholesterol: 10.61mg (3.54%), Sodium: 25.14mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin B12: 0.53µg (8.91%), Manganese: 0.07mg (3.74%), Vitamin A: 163.32IU (3.27%), Phosphorus: 25.89mg (2.59%), Vitamin B2: 0.04mg (2.47%), Selenium: 1.43µg (2.04%), Vitamin B1: 0.03mg (1.98%), Vitamin B5: 0.18mg (1.8%), Vitamin D: 0.26µg (1.73%), Vitamin B3: 0.33mg (1.66%), Potassium: 53.92mg (1.54%), Vitamin K: 1.61µg (1.53%), Folate: 5.42µg (1.36%), Vitamin C: 1.09mg (1.32%), Calcium: 12.76mg (1.28%), Vitamin B6: 0.02mg (1.08%), Iron: 0.19mg (1.03%)