



Salmon Party Log

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz salmon flaked drained canned
- 8 oz cream cheese softened
- 3 tablespoons parsley fresh chopped
- 1 teaspoon horseradish prepared
- 1 tablespoon juice of lemon
- 2 teaspoons onion grated
- 0.5 cup pecans chopped
- 0.3 teaspoon salt

- 3 servings water
- 0.3 teaspoon worcestershire sauce

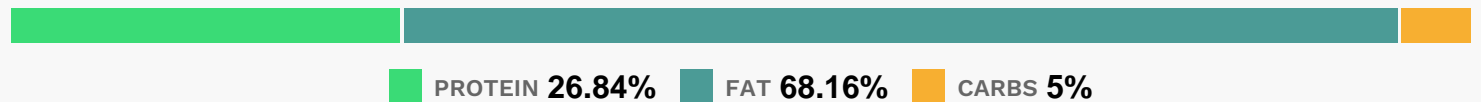
Equipment

- bowl
- wax paper

Directions

- Place all ingredients except pecans, parsley and crackers in a medium bowl.
- Mix thoroughly; shape into a log.
- Place pecans and parsley on wax paper; roll log in mixture until coated.
- Cover and chill at least 2 hours.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:35.574782495913%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 603.04kcal (30.15%), Fat: 46.73g (71.9%), Saturated Fat: 17.76g (110.98%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 5.74g (2.09%), Sugar: 3.96g (4.4%), Cholesterol: 201.85mg (67.28%), Sodium: 1034.91mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.82%), Vitamin D: 21.92µg (146.16%), Vitamin B12: 7.65µg (127.51%), Selenium: 66.98µg (95.69%), Phosphorus: 708.17mg (70.82%), Vitamin K: 68.01µg (64.77%), Vitamin B3: 11.55mg (57.76%), Calcium: 528.75mg (52.87%), Manganese: 0.88mg (44.2%), Vitamin B2: 0.51mg (29.94%), Vitamin A: 1461.46IU (29.23%), Magnesium: 82.49mg (20.62%), Potassium: 715.16mg (20.43%), Copper: 0.4mg (20.14%), Vitamin E: 2.88mg (19.19%), Zinc: 2.74mg (18.26%), Vitamin B5: 1.46mg (14.65%), Vitamin B6: 0.25mg (12.4%), Vitamin B1: 0.18mg (12.26%), Iron: 2mg (11.09%), Vitamin C: 8.03mg (9.74%), Fiber: 1.97g (7.87%), Folate: 25.17µg (6.29%)