



Scandi smoked salmon

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small onion red very finely chopped
- ☐ 1 small bunch optional: dill roughly chopped
- ☐ 2 tsp creamed horseradish fresh
- ☐ 1 tablespoon juice of lemon good
- ☐ 100 ml soured cream
- ☐ 200 g salmon smoked

Equipment

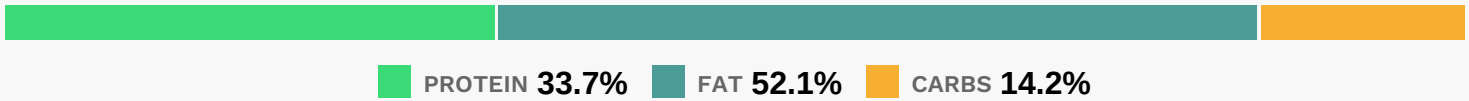
- ☐ bowl

Directions

- ☐
- Tip the onion and chopped dill into a bowl with the horseradish and lemon juice. Stir through the soured cream, season with a pinch of salt and generous grinding of pepper, and mix well. Can be made a day ahead and kept in the fridge.

☐

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:8.819565244343%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 119.75kcal (5.99%), Fat: 6.93g (10.66%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.29g (2.54%), Cholesterol: 25.84mg (8.61%), Sodium: 411.32mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.17%), Vitamin D: 8.55µg (57%), Vitamin B12: 1.68µg (28.02%), Selenium: 17.31µg (24.73%), Vitamin B3: 2.43mg (12.16%), Phosphorus: 109.69mg (10.97%), Vitamin B6: 0.19mg (9.3%), Copper: 0.13mg (6.63%), Vitamin B2: 0.1mg (5.92%), Vitamin B5: 0.56mg (5.59%), Vitamin C: 4.54mg (5.5%), Vitamin E: 0.78mg (5.19%), Potassium: 169.89mg (4.85%), Vitamin A: 215.03IU (4.3%), Calcium: 38.52mg (3.85%), Magnesium: 15.22mg (3.8%), Iron: 0.53mg (2.94%), Manganese: 0.05mg (2.67%), Folate: 10.23µg (2.56%), Fiber: 0.57g (2.27%), Zinc: 0.31mg (2.05%), Vitamin B1: 0.03mg (2.02%)