



Smoked Bluefish Spread

READY IN



9 min.

SERVINGS



9

CALORIES



232 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 16 ounce bluefish smoked boneless
- ☐ 8 ounce cream cheese softened
- ☐ 9 servings accompaniment: crostini
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup onion red coarsely chopped
- ☐ 0.3 teaspoon salt

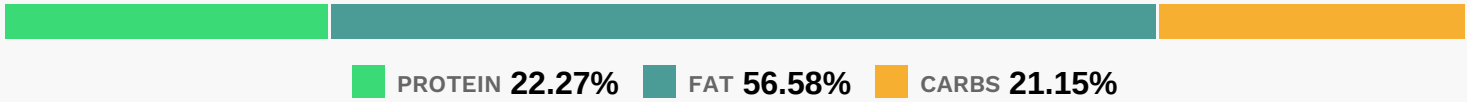
Equipment

☐ food processor

Directions

- ☐ Remove skin from fish; break into pieces.
- ☐ Pulse onion in a food processor until finely chopped.
- ☐ Add cream cheese; pulse 3 times or until blended.
- ☐ Add fish, lemon juice, and next 2 ingredients; pulse 3 times or until thoroughly mixed, stopping to scrape down sides.
- ☐ Serve with crostini.
- ☐ *Substitute smoked tuna or trout for the bluefish, if desired.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:9.4334783191266%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 232.1kcal (11.61%), Fat: 14.54g (22.37%), Saturated Fat: 6.43g (40.18%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.76g (4.28%), Sugar: 2.53g (2.81%), Cholesterol: 55.19mg (18.4%), Sodium: 315.31mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.75%), Vitamin B12: 2.77µg (46.2%), Selenium: 21.33µg (30.47%), Vitamin B3: 3.82mg (19.08%), Phosphorus: 186.77mg (18.68%), Vitamin B6: 0.23mg (11.73%), Vitamin A: 562.42IU (11.25%), Vitamin B2: 0.14mg (8.41%), Vitamin K: 8.59µg (8.18%), Vitamin B1: 0.11mg (7.25%), Potassium: 250.84mg (7.17%), Vitamin B5: 0.63mg (6.3%), Magnesium: 22.67mg (5.67%), Iron: 1mg (5.57%), Calcium: 53.96mg (5.4%), Manganese: 0.11mg (5.36%), Vitamin E: 0.8mg (5.32%), Zinc: 0.64mg (4.28%), Folate: 16.37µg (4.09%), Copper: 0.05mg (2.68%), Vitamin C: 1.66mg (2.01%), Fiber: 0.47g (1.87%)