



## Smoked Fish-Horseradish Dip

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

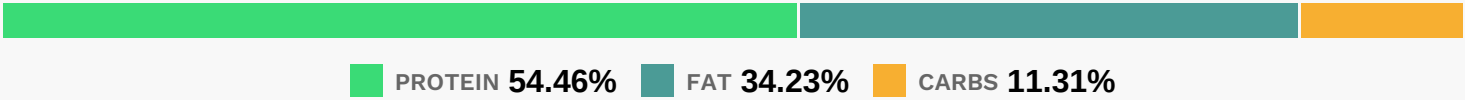
- ☐ 1 pound fish fillet smoked boneless
- ☐ 0.3 cup horseradish fresh finely grated peeled
- ☐ 0.3 cup green onions finely sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup tomatoes seeded finely chopped 1 medium

## Equipment

# Directions

- ☐ Remove any skin from fish; crumble into small pieces.
- ☐ Add tomato and remaining ingredients, stirring until well blended.

## Nutrition Facts



## Properties

Glycemic Index:23.33, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:17.477391160053%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 228.71kcal (11.44%), Fat: 8.83g (13.59%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 5.9g (2.14%), Sugar: 1.96g (2.18%), Cholesterol: 85.29mg (28.43%), Sodium: 252.33mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.21%), Selenium: 64.37µg (91.95%), Vitamin B12: 2.47µg (41.16%), Vitamin K: 37.32µg (35.54%), Vitamin D: 4.73µg (31.5%), Vitamin B3: 6.15mg (30.76%), Phosphorus: 286.34mg (28.63%), Potassium: 616.15mg (17.6%), Vitamin C: 11.71mg (14.2%), Vitamin B6: 0.28mg (14.17%), Folate: 52µg (13%), Magnesium: 49.68mg (12.42%), Vitamin E: 1.31mg (8.74%), Vitamin A: 403.66IU (8.07%), Vitamin B5: 0.8mg (8.02%), Vitamin B2: 0.13mg (7.93%), Copper: 0.15mg (7.47%), Iron: 1.14mg (6.31%), Vitamin B1: 0.09mg (6.1%), Calcium: 56.57mg (5.66%), Manganese: 0.11mg (5.35%), Zinc: 0.71mg (4.73%), Fiber: 0.67g (2.67%)