



Smoked Fish Spread

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound fish fillet smoked flaked
- ☐ 0.3 cup horseradish prepared
- ☐ 0.5 teaspoon juice of lime fresh
- ☐ 0.7 cup mayonnaise
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.5 cup relish

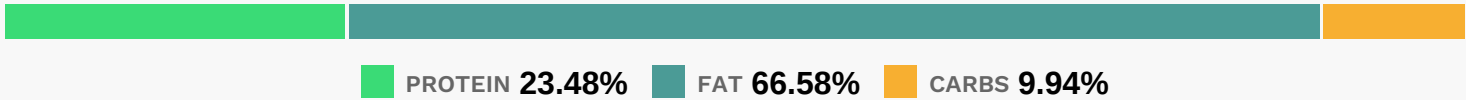
0.3 teaspoon salt

Equipment

Directions

Stir together all ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:19.674782618232%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 536.35kcal (26.82%), Fat: 40.15g (61.77%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 11.94g (4.34%), Sugar: 2.48g (2.75%), Cholesterol: 96.51mg (32.17%), Sodium: 1152mg (50.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Selenium: 64.98µg (92.83%), Vitamin K: 83.88µg (79.88%), Vitamin B12: 2.45µg (40.81%), Vitamin D: 4.79µg (31.91%), Vitamin B3: 6.2mg (31.02%), Phosphorus: 294.35mg (29.43%), Potassium: 572.11mg (16.35%), Vitamin E: 2.25mg (14.98%), Vitamin B6: 0.29mg (14.43%), Magnesium: 56.2mg (14.05%), Folate: 53.31µg (13.33%), Vitamin C: 7.62mg (9.24%), Iron: 1.6mg (8.87%), Copper: 0.18mg (8.8%), Vitamin B5: 0.86mg (8.65%), Vitamin B2: 0.13mg (7.7%), Manganese: 0.13mg (6.52%), Fiber: 1.55g (6.18%), Vitamin B1: 0.09mg (6.12%), Zinc: 0.85mg (5.68%), Calcium: 36.48mg (3.65%), Vitamin A: 104.42IU (2.09%)