



Smoked mackerel dip



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g mackerel smoked flaked finely
- ☐ 142 ml cream
- ☐ 1 bunch spring onion trimmed finely chopped
- ☐ 4 tsp horseradish
- ☐ 2 servings savory vegetable raw

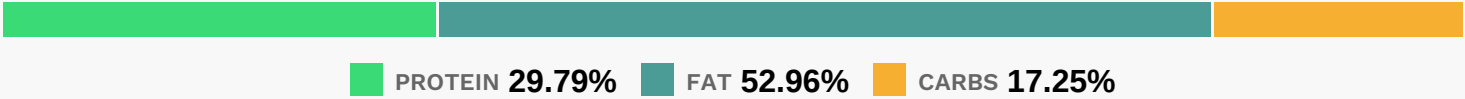
Equipment

- ☐ mixing bowl

Directions

☐ In a mixing bowl, stir the smoked mackerel, soured cream and spring onions together to make a textured dip, then stir in the horseradish. Spoon into a serving bowl and serve with sticks of raw veg for dipping. Can be chilled for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:4.34, Inflammation Score:-10, Nutrition Score:30.956956345102%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 401.05kcal (20.05%), Fat: 23.82g (36.64%), Saturated Fat: 9.88g (61.76%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 13.17g (4.79%), Sugar: 3.43g (3.81%), Cholesterol: 99.47mg (33.16%), Sodium: 215.59mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.28%), Vitamin A: 5248.33IU (104.97%), Vitamin B12: 5.64µg (94.08%), Vitamin D: 11.38µg (75.83%), Selenium: 48.89µg (69.85%), Vitamin B3: 11.71mg (58.53%), Vitamin B2: 0.73mg (43.03%), Vitamin B6: 0.54mg (27.14%), Phosphorus: 269.94mg (26.99%), Vitamin K: 26.13µg (24.89%), Potassium: 844.42mg (24.13%), Vitamin C: 17.33mg (21.01%), Vitamin B1: 0.27mg (18.06%), Magnesium: 68.84mg (17.21%), Fiber: 4.28g (17.13%), Iron: 2.58mg (14.35%), Manganese: 0.28mg (14.01%), Calcium: 135.45mg (13.55%), Folate: 46.41µg (11.6%), Copper: 0.23mg (11.45%), Zinc: 1.6mg (10.7%), Vitamin E: 1.58mg (10.53%), Vitamin B5: 0.79mg (7.94%)