



Smoked Salmon and Clam Spread

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3.7 ounce clams smoked drained canned
- ☐ 8 ounces cream cheese softened
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup pecans plus more for garnish chopped
- ☐ 0.5 cup ricotta cheese
- ☐ 2 tablespoons shallots minced

- ☐ 8 ounces salmon flaked
- ☐ 1.5 teaspoons worcestershire sauce

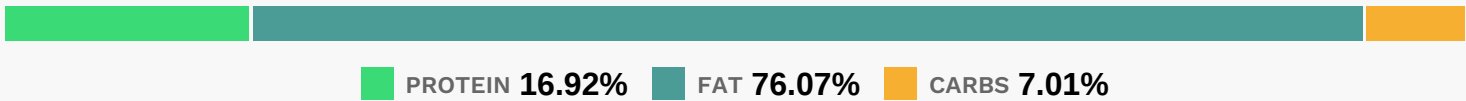
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ Melt butter in a small skillet over medium heat; add shallots, and saut 2 to 4 minutes or until tender.
- ☐ Remove shallots.
- ☐ Add pecans to the same skillet, and cook over medium-low heat 3 to 4 minutes or until lightly browned.
- ☐ Remove from heat.
- ☐ Beat cream cheese, shallots, ricotta, and next 3 ingredients at medium speed with an electric mixer about 2 minutes or until smooth. Stir in salmon and clams. Spoon salmon mixture into serving bowl. Cover and chill at least 1 hour.
- ☐ Sprinkle with pecans before serving.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:16.918695719346%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin:

1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 449kcal (22.45%), Fat: 38.72g (59.57%), Saturated Fat: 17.21g (107.56%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 6.45g (2.35%), Sugar: 3.59g (3.99%), Cholesterol: 94.81mg (31.6%), Sodium: 703.37mg (30.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Vitamin D: 9.76µg (65.05%), Selenium: 29.58µg (42.26%), Vitamin B12: 2.52µg (42.07%), Manganese: 0.65mg (32.68%), Phosphorus: 254.65mg (25.47%), Vitamin A: 1181.08IU (23.62%), Vitamin B2: 0.28mg (16.28%), Copper: 0.32mg (16.23%), Vitamin B3: 2.99mg (14.96%), Calcium: 142.58mg (14.26%), Vitamin B6: 0.26mg (12.89%), Vitamin E: 1.67mg (11.16%), Vitamin B5: 1.04mg (10.4%), Zinc: 1.5mg (9.99%), Magnesium: 38.25mg (9.56%), Potassium: 313.23mg (8.95%), Vitamin B1: 0.13mg (8.53%), Iron: 1.31mg (7.27%), Fiber: 1.58g (6.31%), Vitamin C: 3.75mg (4.54%), Folate: 16.76µg (4.19%), Vitamin K: 2.58µg (2.46%)