



Smoked Salmon and Horseradish Cheesecake

READY IN



70 min.

SERVINGS



6

CALORIES



740 kcal

Ingredients

- ☐ 6 bagels split toasted
- ☐ 2 ounces cornstarch
- ☐ 16 ounces cream cheese at room temperature
- ☐ 1 eggs
- ☐ 4 ounces heavy cream
- ☐ 1 ounce horseradish juice
- ☐ 1 onion red sliced thin
- ☐ 12 ounces salmon smoked diced
- ☐ 1 teaspoon salt

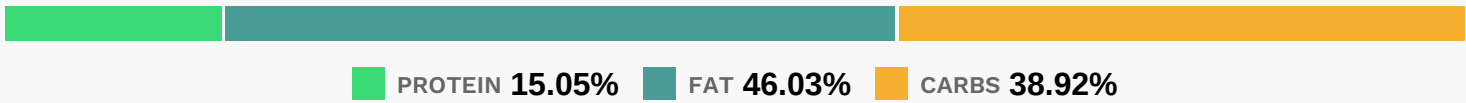
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F. In a standing electric mixer fitted with a paddle, cream the cream cheese, cornstarch, horseradish juice and salt.
- ☐ Add egg and heavy cream. When filling is mixed thoroughly add diced smoked salmon and fold it in.
- ☐ Place in buttered 8-inch springform pan and bake for 1 hour or until cheesecake sets up.
- ☐ Remove from oven and let cool to room temperature. Slice into 6 equal portions and serve with bagels and sliced onions.

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:40.35, Inflammation Score:-7, Nutrition Score:18.809565072474%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 739.94kcal (37%), Fat: 37.68g (57.98%), Saturated Fat: 20.61g (128.84%), Carbohydrates: 71.7g (23.9%), Net Carbohydrates: 68.88g (25.05%), Sugar: 4.65g (5.17%), Cholesterol: 138.03mg (46.01%), Sodium: 1647.47mg (71.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.46%), Vitamin D: 10.14µg (67.63%), Selenium: 28.05µg (40.07%), Vitamin B12: 2.11µg (35.17%), Manganese: 0.62mg (31.02%), Phosphorus: 307.03mg (30.7%), Vitamin A: 1382.46IU (27.65%), Vitamin B3: 4.63mg (23.17%), Vitamin B2: 0.36mg (21.21%), Copper: 0.34mg (16.76%), Vitamin B5: 1.49mg (14.91%), Vitamin B6: 0.3mg (14.77%), Vitamin B1: 0.22mg (14.51%), Magnesium:

52.03mg (13.01%), Iron: 2.23mg (12.4%), Calcium: 120.07mg (12.01%), Fiber: 2.82g (11.28%), Vitamin E: 1.67mg (11.14%), Zinc: 1.66mg (11.04%), Potassium: 365.04mg (10.43%), Folate: 38.72µg (9.68%), Vitamin K: 2.34µg (2.23%), Vitamin C: 1.51mg (1.83%)