



Smoked Salmon and Horseradish Cream with Potato Chips

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cream cheese room-temperature
- ☐ 2 tablespoons heavy cream
- ☐ 2 tablespoons horseradish jarred
- ☐ 8 servings potato chips
- ☐ 1 pound salmon smoked sliced

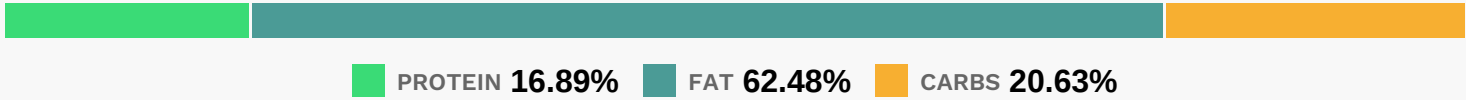
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, combine the cream cheese, horseradish, and heavy cream. Stir until smooth.
- ☐ Serve with the salmon and potato chips.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:14.32782626152%

Nutrients (% of daily need)

Calories: 329.07kcal (16.45%), Fat: 23.1g (35.54%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 16.17g (5.88%), Sugar: 1.57g (1.74%), Cholesterol: 45.91mg (15.3%), Sodium: 697.86mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.1%), Vitamin D: 9.76µg (65.04%), Vitamin B12: 1.92µg (31.95%), Selenium: 21.73µg (31.04%), Vitamin E: 3.96mg (26.37%), Vitamin B3: 4.05mg (20.26%), Vitamin B5: 1.89mg (18.85%), Phosphorus: 169.5mg (16.95%), Vitamin B6: 0.33mg (16.31%), Potassium: 485.43mg (13.87%), Copper: 0.2mg (10.18%), Manganese: 0.2mg (10.17%), Vitamin A: 485.26IU (9.71%), Vitamin B2: 0.16mg (9.12%), Vitamin C: 7mg (8.49%), Magnesium: 31.67mg (7.92%), Vitamin K: 7.01µg (6.68%), Vitamin B1: 0.08mg (5.35%), Iron: 0.89mg (4.95%), Calcium: 44.19mg (4.42%), Zinc: 0.66mg (4.42%), Fiber: 0.99g (3.97%), Folate: 14.09µg (3.52%)