



Smoked Salmon-and-Horseradish Spread

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 cup parsley leaves fresh loosely packed
- ☐ 1 slices granny smith apple celery sticks
- ☐ 2 green onions sliced
- ☐ 5 teaspoons horseradish
- ☐ 1 slices garnish: lemon
- ☐ 2 teaspoons juice of lemon

- ☐ 1 teaspoon lemon zest
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 8 oz salmon smoked finely chopped

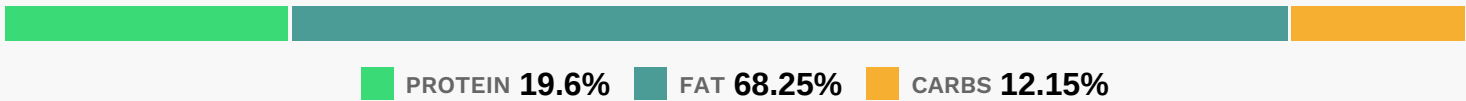
Equipment

- ☐ food processor

Directions

- ☐ Pulse cream cheese and next 8 ingredients in a food processor 7 to 8 times or until combined, stopping to scrape down sides as needed. Stir in chopped salmon.
- ☐ Transfer to a serving dish.
- ☐ Serve immediately, or cover and chill up to 2 days. If chilled, let stand 30 minutes at room temperature before serving.
- ☐ Serve with apple slices, celery sticks, and flatbread crackers.
- ☐ Garnish, if desired.
- ☐ Party Tip: Keep sliced apples or pears from browning by tossing them with lemon-lime soda. It works just like lemon juice but without the sour taste. The citric acid in the soda will keep the fruit looking fresh.

Nutrition Facts



Properties

Glycemic Index:23.05, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:6.4269564566405%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 114.88kcal (5.74%), Fat: 8.84g (13.6%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.31g (2.56%), Cholesterol: 28.12mg (9.37%), Sodium: 319.07mg (13.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.43%), Vitamin K: 30.5µg (29.05%), Vitamin D: 3.88µg (25.85%), Selenium: 9.39µg (13.42%), Vitamin B12: 0.79µg (13.15%), Vitamin A: 484.49IU (9.69%), Phosphorus: 65.59mg (6.56%), Vitamin B3: 1.15mg (5.74%), Vitamin C: 4.62mg (5.6%), Vitamin B2: 0.08mg (4.86%), Vitamin B6: 0.09mg (4.33%), Vitamin E: 0.55mg (3.66%), Vitamin B5: 0.35mg (3.48%), Copper: 0.07mg (3.35%), Calcium: 31.42mg (3.14%), Potassium: 106.33mg (3.04%), Magnesium: 8.91mg (2.23%), Iron: 0.39mg (2.16%), Folate: 8.44µg (2.11%), Fiber: 0.53g (2.1%), Manganese: 0.03mg (1.66%), Zinc: 0.24mg (1.58%), Vitamin B1: 0.02mg (1.06%)