



Smoked Salmon with Horseradish Cream

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup heavy cream chilled
- ☐ 3 tablespoons bottled horseradish white
- ☐ 1 pound salmon smoked sliced

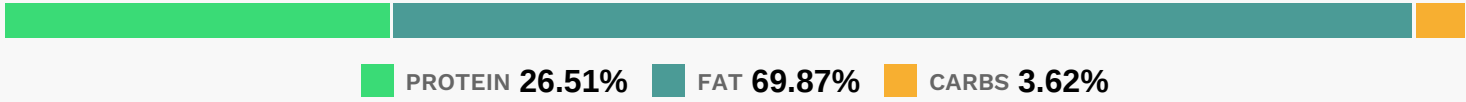
Equipment

- ☐ whisk

Directions

- ☐ Whisk cream with horseradish, mustard, and 1/4 teaspoon pepper until it is thick and holds soft peaks.
- ☐ Serve salmon with horseradish cream on the side.
- ☐ Horseradish cream can be made 1 hour ahead and chilled. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:9.6165216409642%

Nutrients (% of daily need)

Calories: 170.95kcal (8.55%), Fat: 13.27g (20.42%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.34g (1.48%), Cholesterol: 46.66mg (15.55%), Sodium: 489.93mg (21.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Vitamin D: 10.17µg (67.81%), Vitamin B12: 1.9µg (31.6%), Selenium: 19.85µg (28.35%), Vitamin B3: 2.72mg (13.62%), Phosphorus: 113.34mg (11.33%), Vitamin A: 487.65IU (9.75%), Vitamin B6: 0.17mg (8.65%), Vitamin E: 1.04mg (6.96%), Copper: 0.14mg (6.89%), Vitamin B2: 0.12mg (6.79%), Vitamin B5: 0.58mg (5.78%), Potassium: 143.2mg (4.09%), Magnesium: 14.41mg (3.6%), Iron: 0.56mg (3.08%), Calcium: 29.81mg (2.98%), Zinc: 0.3mg (2.01%), Vitamin C: 1.58mg (1.92%), Vitamin B1: 0.02mg (1.45%), Folate: 5.62µg (1.4%), Manganese: 0.02mg (1.11%), Vitamin K: 1.1µg (1.05%)