



## Smoked Trout-and-Horseradish Spread

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**10**

CALORIES



**119 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 ounces trout smoked

## Equipment

- food processor

## Directions

- Remove and discard skin and bones from trout, if necessary. Flake trout into small pieces.
- 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 flaked trout pieces.
- 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.
- Smoked Salmon-and-Horseradish
- Spread: Substitute 2 (4-oz.) packages smoked salmon, finely chopped, for trout. Omit Step Proceed with recipe as directed.
- 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

 **PROTEIN 21.43%**  **FAT 66.78%**  **CARBS 11.79%**

## Properties

Glycemic Index:23.05, Glycemic Load:0.88, Inflammation Score:-4, Nutrition Score:5.749565228172%

## 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, 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: 118.5kcal (5.93%), Fat: 8.91g (13.71%), Saturated Fat: 4.88g (30.53%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.31g (2.56%), Cholesterol: 46.95mg (15.65%), Sodium: 158.05mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Vitamin K: 30.48µg (29.03%), Selenium: 12.66µg (18.09%), Vitamin B12: 0.83µg (13.91%), Phosphorus: 101.2mg (10.12%), Vitamin A: 490.84IU (9.82%), Vitamin B6: 0.13mg (6.42%), Vitamin B2: 0.11mg (6.28%), Vitamin C: 4.62mg (5.6%), Potassium: 165.75mg (4.74%), Vitamin B3: 0.74mg (3.7%), Magnesium: 13.9mg (3.48%), Vitamin B5: 0.35mg (3.47%), Calcium: 33.91mg (3.39%), Folate: 9.35µg (2.34%), Fiber: 0.53g (2.1%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.03mg (1.75%), Manganese: 0.03mg (1.69%), Vitamin E: 0.24mg (1.62%), Iron: 0.28mg (1.53%), Copper: 0.02mg (1.17%)