



Smoked Trout, Apple, and Horseradish Cream

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 gala apple cored finely chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 tablespoons green onion finely chopped
- ☐ 1 pinch ground pepper red
- ☐ 0.3 cup horseradish prepared
- ☐ 2 tablespoons olive oil

- ☐ 0.3 teaspoon salt
- ☐ 8 ounces trout smoked flaked
- ☐ 1 cup cup heavy whipping cream sour

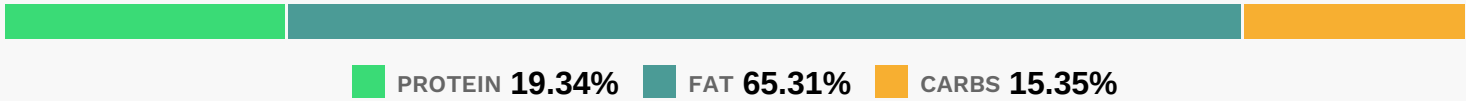
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine sour cream and next 4 ingredients in a small bowl, stirring well with a whisk.
- ☐ Add green onion and next 3 ingredients. Fold in apple and trout.

Nutrition Facts



Properties

Glycemic Index:77.67, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:15.347825952198%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 379.66kcal (18.98%), Fat: 27.97g (43.04%), Saturated Fat: 10.05g (62.8%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 12.51g (4.55%), Sugar: 10.65g (11.84%), Cholesterol: 125.37mg (41.79%), Sodium: 360.02mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.27%), Selenium: 38.88µg (55.55%), Vitamin B12: 2.78µg (46.28%), Vitamin K: 38.55µg (36.71%), Phosphorus: 317.33mg (31.73%), Vitamin B6: 0.43mg (21.54%),

Vitamin B2: 0.31mg (18.31%), Potassium: 565.2mg (16.15%), Vitamin A: 763.85IU (15.28%), Vitamin C: 11.17mg (13.54%), Vitamin B3: 2.46mg (12.29%), Magnesium: 48.24mg (12.06%), Vitamin E: 1.79mg (11.93%), Calcium: 115.14mg (11.51%), Vitamin B5: 0.98mg (9.78%), Fiber: 2.28g (9.13%), Folate: 26.99µg (6.75%), Zinc: 0.92mg (6.14%), Vitamin B1: 0.08mg (5.59%), Manganese: 0.1mg (4.99%), Copper: 0.08mg (3.9%), Iron: 0.69mg (3.84%)