



Smoked trout & horseradish pâté

READY IN



5 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g cream cheese
- ☐ 1 tsp creamed horseradish
- ☐ 0.5 lemon zest
- ☐ 1 tbsp optional: dill finely chopped
- ☐ 2 fillet trout smoked
- ☐ 500 g cocktail rye bread sliced
- ☐ 1 baby gem lettuce separated

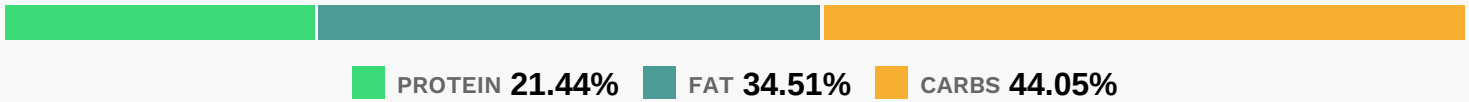
Equipment

☐ bowl

Directions

- ☐ Put the cream cheese, horseradish, and lemon zest and juice in a bowl, and mix together until smooth. Season.
- ☐ Add the chopped dill and flake in the smoked trout, removing any bones or skin as you go. Stir well to combine and add more seasoning to taste. The pt will keep in the fridge for up to 2 days.
- ☐ Serve garnished with dill fronds and sprinkled with cracked black pepper. Eat with rye bread and lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:28.36, Inflammation Score:-7, Nutrition Score:30.931304060895%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 573.08kcal (28.65%), Fat: 21.8g (33.53%), Saturated Fat: 8.83g (55.19%), Carbohydrates: 62.58g (20.86%), Net Carbohydrates: 55.21g (20.08%), Sugar: 6.26g (6.96%), Cholesterol: 84.65mg (28.22%), Sodium: 913.28mg (39.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.46g (60.93%), Vitamin B12: 6.7µg (111.64%), Manganese: 1.76mg (88.03%), Selenium: 52.39µg (74.84%), Vitamin B1: 0.85mg (56.59%), Vitamin B2: 0.78mg (45.95%), Vitamin B3: 8.62mg (43.09%), Phosphorus: 402.57mg (40.26%), Folate: 152.76µg (38.19%), Fiber: 7.38g (29.5%), Iron: 4.87mg (27.06%), Vitamin B5: 2.4mg (24.03%), Vitamin D: 3.32µg (22.1%), Copper: 0.4mg (20.01%), Magnesium: 72.39mg (18.1%), Calcium: 163.75mg (16.38%), Potassium: 566.05mg (16.17%), Zinc: 2.17mg (14.5%), Vitamin B6: 0.29mg (14.3%), Vitamin A: 553.88IU (11.08%), Vitamin E: 0.89mg (5.91%), Vitamin C: 2.31mg (2.8%), Vitamin K: 2.65µg (2.53%)