



## Smoked Trout Spread

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup carrots shredded
- 0.3 cup bell pepper green finely chopped
- 0.3 cup mayonnaise low-fat
- 0.3 cup onion red finely chopped
- 8 ounce trout smoked
- 0.5 cup cup heavy whipping cream fat-free sour

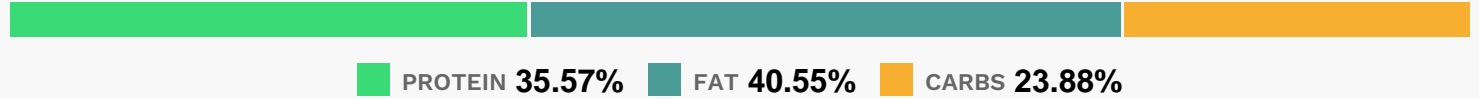
### Equipment

- bowl

## Directions

- Remove and discard skin from fish; finely chop fish.
- Place fish, sour cream, and mayonnaise in a medium bowl, and mash with a fork. Stir in chopped onion, carrot, and green bell pepper.

## Nutrition Facts



## Properties

Glycemic Index:10.48, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:5.5052173733711%

## Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 76.65kcal (3.83%), Fat: 3.41g (5.25%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.07g (1.19%), Cholesterol: 32.84mg (10.95%), Sodium: 122.57mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Selenium: 14.31µg (20.44%), Vitamin A: 989.88IU (19.8%), Vitamin B12: 1.02µg (17.07%), Phosphorus: 111.1mg (11.11%), Vitamin B6: 0.16mg (8.17%), Vitamin C: 5.8mg (7.03%), Vitamin K: 6.2µg (5.91%), Potassium: 182.99mg (5.23%), Vitamin B2: 0.09mg (5.11%), Vitamin B3: 0.93mg (4.65%), Magnesium: 14.89mg (3.72%), Calcium: 28.68mg (2.87%), Vitamin B5: 0.28mg (2.8%), Vitamin B1: 0.04mg (2.41%), Zinc: 0.28mg (1.83%), Vitamin E: 0.26mg (1.76%), Folate: 6.56µg (1.64%), Manganese: 0.03mg (1.49%), Fiber: 0.37g (1.47%), Copper: 0.02mg (1.2%)