



Smoked-Trout Spread

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



591 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup optional: dill fresh finely chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 lb trout smoked
- ☐ 1 cup butter unsalted softened
- ☐ 1 cup water cold

☐ 4 servings frangelico

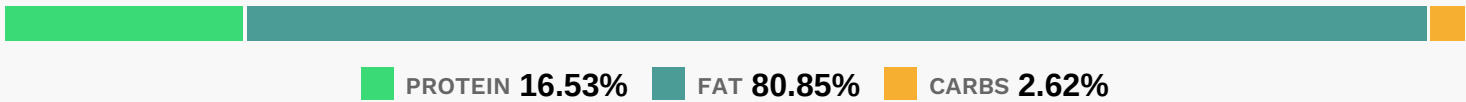
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap
- ☐ wax paper

Directions

- ☐ Flake trout and transfer 2 cups to a food processor, then blend with butter, shallot, dill, lemon juice, hot sauce, and pepper until smooth. Reserve remaining trout.
- ☐ With motor running, add water to trout purée in a slow stream and process until water is absorbed, about 1 minute.
- ☐ Transfer to a bowl and fold in reserved trout, then pack mixture into a 4-cup glass or ceramic mold or bowl. Cover surface with wax paper, then tightly cover with plastic wrap and chill at least 6 hours to allow flavors to develop. Bring spread to room temperature before serving. (This will take 1 to 2 hours.)
- ☐ Spread can be chilled up to 5 days.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.84, Inflammation Score:-8, Nutrition Score:21.130869564803%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 591.38kcal (29.57%), Fat: 53.59g (82.45%), Saturated Fat: 30.46g (190.39%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.69g (1.87%), Cholesterol: 187.78mg (62.59%), Sodium: 85.6mg (3.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.32%), Vitamin B12: 8.93µg (148.84%), Manganese: 1.08mg (53.93%), Vitamin D: 5.27µg (35.16%), Vitamin A: 1712.04IU (34.24%), Phosphorus: 305.77mg (30.58%), Vitamin B1: 0.41mg (27.63%), Vitamin B3: 5.22mg (26.09%), Vitamin B2: 0.41mg (23.96%), Vitamin B5: 2.34mg (23.38%), Selenium: 15.1µg (21.57%), Vitamin B6: 0.3mg (15.24%), Potassium: 516.76mg (14.76%), Copper: 0.26mg (12.79%), Iron: 2.16mg (12%), Vitamin E: 1.56mg (10.39%), Magnesium: 32.89mg (8.22%), Vitamin C: 6.47mg (7.84%), Calcium: 78.38mg (7.84%), Folate: 28.36µg (7.09%), Zinc: 0.91mg (6.1%), Vitamin K: 4.46µg (4.25%), Fiber: 0.74g (2.95%)