

What She Ate

health-score 56%

 Gluten Free

READY IN

ready

15 min.

SERVINGS

servings

1

CALORIES

calories

1203 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 ounce salmon cream cheese spread smoked
- ☐ 1 pinch parsley flakes dried for garnish
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 onion finely chopped
- ☐ 15 ounce sockeye salmon red canned
- ☐ 1 teaspoon salt to taste

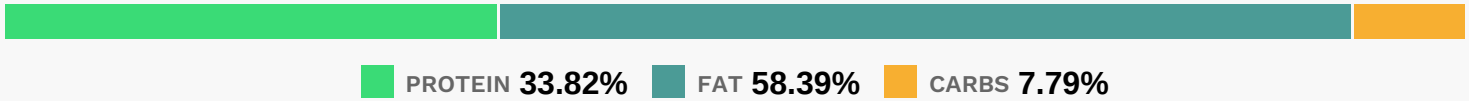
Equipment

bowl

Directions

Drain the salmon, remove bones and pieces of skin, and place the salmon into a bowl. Flake the salmon apart with a fork. Stir in onion, lemon juice, horseradish, and salt until mixture is well combined. Stir in smoked salmon cream cheese spread, a few spoonfuls at a time, until the spread is very well combined. Pack into a serving container, and sprinkle with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:47.436086675395%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 6.07mg, Isorhamnetin: 6.07mg, Isorhamnetin: 6.07mg, Isorhamnetin: 6.07mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 1202.62kcal (60.13%), Fat: 76.36g (117.47%), Saturated Fat: 35.82g (223.89%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 21.28g (7.74%), Sugar: 10.99g (12.21%), Cholesterol: 374.5mg (124.83%), Sodium: 3613.94mg (157.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.52g (199.05%), Vitamin B12: 13.52µg (225.38%), Selenium: 155.95µg (222.78%), Vitamin B6: 3.57mg (178.73%), Vitamin B3: 33.65mg (168.27%), Vitamin B2: 1.66mg (97.74%), Phosphorus: 876.3mg (87.63%), Vitamin B5: 7.2mg (72.03%), Vitamin B1: 1mg (66.42%), Potassium: 2246.8mg (64.19%), Copper: 1.1mg (55.24%), Vitamin A: 2347.15IU (46.94%), Calcium: 356.07mg (35.61%), Magnesium: 137.38mg (34.35%), Folate: 130.26µg (32.57%), Vitamin C: 19.42mg (23.54%), Iron: 3.82mg (21.24%), Zinc: 2.97mg (19.82%), Vitamin K: 13.94µg (13.28%), Manganese: 0.26mg (12.96%), Fiber: 1.62g (6.49%)