



Curried Salmon Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

Ingredients

- ☐ 0.3 cup coconut milk
- ☐ 0.3 cup cream cheese
- ☐ 0.5 cup wine dry white
- ☐ 8 servings chives fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon ginger chopped
- ☐ 0.3 cup juice of lime
- ☐ 1 pound salmon fillet wild rinsed
- ☐ 2 teaspoons salt divided

- ☐ 1 cup shallots chopped
- ☐ 1.5 teaspoons sugar
- ☐ 0.5 teaspoon curry paste red
- ☐ 1 tablespoon vegetable oil

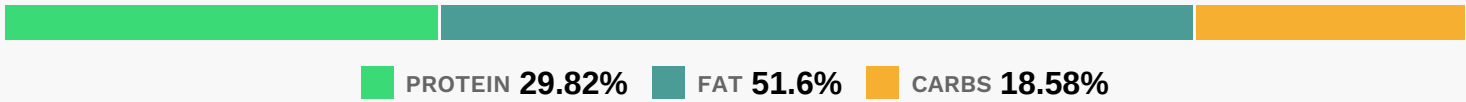
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Boil 2 cups water, wine, and 1 tsp. salt in a medium frying pan. Simmer fish just until opaque.
- ☐ Drain, cool, skin, and flake.
- ☐ Pour oil into pan over medium heat. Cook shallots, garlic, and ginger until softened. Stir in curry paste; cook 1 minute. Whirl mixture in a food processor with coconut milk, cream cheese, sugar, and 1 tsp. salt until smooth. Pulse in salmon, then lime juice.
- ☐ Serve chilled, topped with chives.
- ☐ Curran 2009 Grenache Blanc (Santa Ynez Valley; \$22). Orange and apricot with river rocks beneath and a spicy lemon-drop finish.
- ☐ Jaffurs 2009 Thompson Vineyard Grenache Blanc (Santa Barbara County; \$30). Delicate jasmine and Asian pear open to stone fruit and zesty lemon.
- ☐ Tangent 2009 Paragon Vineyard Grenache Blanc (Edna Valley; \$17). Loads of juicy melon, plus tart, refreshing grapefruit and peach with an edge of minerality.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:2.27, Inflammation Score:-4, Nutrition Score:10.878260747246%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 180.14kcal (9.01%), Fat: 9.82g (15.11%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.9g (2.51%), Sugar: 3.68g (4.09%), Cholesterol: 38.35mg (12.78%), Sodium: 634.59mg (27.59%), Alcohol: 1.54g (100%), Alcohol %: 1.48% (100%), Protein: 12.77g (25.55%), Selenium: 21.85µg (31.21%), Vitamin B12: 1.82µg (30.31%), Vitamin B6: 0.6mg (29.9%), Vitamin B3: 4.63mg (23.15%), Phosphorus: 153.94mg (15.39%), Vitamin B2: 0.24mg (14.34%), Potassium: 436.92mg (12.48%), Vitamin B5: 1.11mg (11.11%), Manganese: 0.21mg (10.57%), Vitamin B1: 0.16mg (10.35%), Copper: 0.2mg (9.99%), Magnesium: 30.79mg (7.7%), Folate: 28.27µg (7.07%), Vitamin C: 5.69mg (6.9%), Iron: 1.23mg (6.81%), Vitamin K: 5.77µg (5.49%), Vitamin A: 215.75IU (4.32%), Fiber: 1.05g (4.21%), Zinc: 0.62mg (4.1%), Calcium: 32.41mg (3.24%), Vitamin E: 0.23mg (1.56%)