



Mini salmon & dill puffs

READY IN



50 min.

SERVINGS



24

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 185 g salmon fillet
- ☐ 200 g cheese soft
- ☐ 1 small handful optional: dill chopped
- ☐ 375 g sheets puff pastry
- ☐ 1 eggs beaten

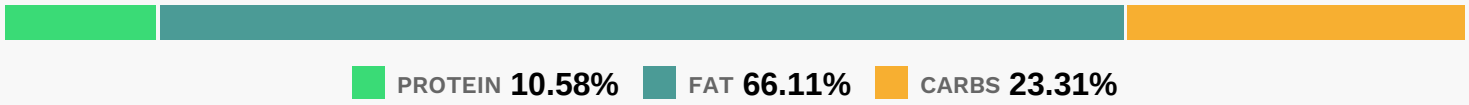
Equipment

- ☐ food processor
- ☐ baking pan

Directions

- ☐ In a food processor, pulse the salmon, soft cheese, dill and a little seasoning until just combined. Unroll a sheet of puff pastry and cut into 3 pieces lengthways. Divide the filling along the middle of each piece, brush borders with beaten egg, then fold up and seal.
- ☐ Cut each roll into 8-10 bite-size pieces, then place on a baking tray lined with baking parchment, cover with cling film and freeze. To serve, glaze with beaten egg and cook at 200C/180C fan/gas 6 for 25-30 mins until puffed and golden.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:3.0043477892228%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 128.85kcal (6.44%), Fat: 9.48g (14.59%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.44g (0.48%), Cholesterol: 19.48mg (6.49%), Sodium: 71.09mg (3.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Selenium: 7.87µg (11.25%), Vitamin B3: 1.27mg (6.33%), Vitamin B2: 0.1mg (5.95%), Vitamin B1: 0.08mg (5.49%), Vitamin B12: 0.28µg (4.66%), Manganese: 0.08mg (3.97%), Folate: 15.79µg (3.95%), Phosphorus: 37.37mg (3.74%), Vitamin B6: 0.07mg (3.71%), Iron: 0.51mg (2.81%), Vitamin A: 128.27IU (2.57%), Vitamin K: 2.7µg (2.57%), Vitamin B5: 0.2mg (2.04%), Copper: 0.04mg (2%), Potassium: 61.14mg (1.75%), Magnesium: 5.73mg (1.43%), Zinc: 0.2mg (1.32%), Calcium: 11.68mg (1.17%), Vitamin E: 0.18mg (1.17%)