



## Mom's Salmon Mousse

READY IN



65 min.

SERVINGS



5

CALORIES



304 kcal

### Ingredients

- 1 cup bread crumbs fresh
- 2 tablespoons butter melted
- 16 ounce salmon flaked drained canned
- 1 cup carrots grated
- 2 eggs beaten
- 1 tablespoon parsley fresh chopped
- 1 pinch ground pepper black
- 3 tablespoons juice of lemon
- 0.5 cup scalded milk
- 0.8 teaspoon salt

1.5 teaspoons mustard yellow prepared

## Equipment

bowl

oven

loaf pan

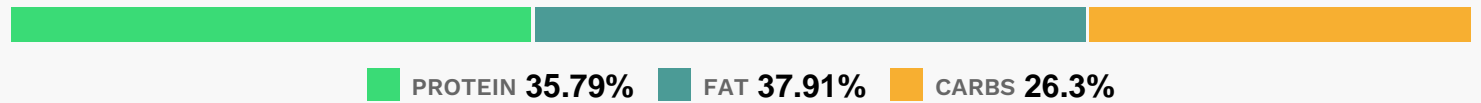
## Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease one 8x4 inch loaf pan.

In a medium bowl, mix together the salmon, bread crumbs, carrots, mustard, eggs, milk, butter, lemon juice, parsley, salt and pepper using your hands until evenly blended. Press into the greased loaf pan.

Bake for 50 minutes in the preheated oven. Cool 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:46.17, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:28.108695548514%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 304.2kcal (15.21%), Fat: 12.84g (19.75%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 18.22g (6.63%), Sugar: 4.05g (4.5%), Cholesterol: 155.74mg (51.91%), Sodium: 957.55mg (41.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.53%), Vitamin A: 4679.32IU (93.59%), Vitamin D: 13.77µg (91.83%), Vitamin B12: 4.86µg (81.07%), Selenium: 47.75µg (68.21%), Phosphorus: 452.09mg (45.21%), Vitamin B3: 8.47mg (42.37%), Calcium: 348.81mg (34.88%), Vitamin B2: 0.4mg (23.78%), Vitamin B1: 0.28mg (18.46%), Vitamin K: 18.59µg (17.7%), Potassium: 504.87mg (14.42%), Manganese: 0.28mg (14.06%), Iron:

2.21mg (12.3%), Magnesium: 48.25mg (12.06%), Vitamin E: 1.7mg (11.33%), Vitamin B5: 1.09mg (10.87%), Folate: 43.17µg (10.79%), Zinc: 1.6mg (10.68%), Vitamin B6: 0.21mg (10.38%), Copper: 0.16mg (7.91%), Vitamin C: 6.06mg (7.35%), Fiber: 1.81g (7.25%)