



Poached Salmon Mousse with Dill Sauce

 Gluten Free

READY IN



500 min.

SERVINGS



6

CALORIES



628 kcal

Ingredients

- 6 servings butter for greasing mold
- 2 tablespoons capers drained
- 1 cucumber english grated peeled drained for 1 hour
- 0.7 cup optional: dill fresh finely chopped
- 1 small clove garlic minced
- 1 envelope gelatin powder unflavored
- 2 drops hot sauce
- 1 slices optional: lemon
- 1 tablespoon juice of lemon fresh

- 1 tablespoon juice of lime fresh
- 0.5 cup mayonnaise
- 1 cup mayonnaise
- 1 tablespoon onion grated
- 0.5 teaspoon paprika
- 1 bunch parsley washed and dried
- 2 cups poached salmon diced flaked
- 1 teaspoon salt
- 1 cup heavy whipping cream sour
- 0.3 cup water boiling cold for gelatin
- 1 cup whipped cream

Equipment

- bowl
- plastic wrap

Directions

- Special equipment: fish mold
- Grease a 6-cup fish mold with butter or mayonnaise.
- Soften the gelatin in 1/4 cup cold water.
- Add 1/2 cup boiling water and stir well, until the gelatin has dissolved.
- Add the mayonnaise, lemon juice, lime juice, onion, hot sauce, paprika, and salt and mix well. Fold in the salmon and capers.
- Add the whipped cream and continue folding until everything is well combined.
- Pour the mixture into the prepared mold. Cover with plastic wrap and chill in the refrigerator for 8 hours or overnight.
- When ready to serve, un-mold the mousse onto a large plate. Take the lemon slices and create a "tail" on the back of the fish. Surround the mousse with parsley.
- Serve the dill sauce in a glass bowl next to the salmon mousse.

To make the dill sauce, combine all the ingredients in a medium bowl. Cover with plastic wrap and chill for at least 1 hour.

Nutrition Facts

PROTEIN 13.42% **FAT 82.04%** **CARBS 4.54%**

Properties

Glycemic Index:58.25, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:18.864347846612%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 628.12kcal (31.41%), Fat: 57.67g (88.73%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.28g (2.28%), Sugar: 3.61g (4.01%), Cholesterol: 80.35mg (26.78%), Sodium: 915.34mg (39.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Vitamin K: 263.39µg (250.85%), Selenium: 24.13µg (34.47%), Vitamin A: 1708.33IU (34.17%), Vitamin B12: 1.62µg (27.05%), Vitamin C: 21.8mg (26.42%), Vitamin B6: 0.45mg (22.52%), Copper: 0.43mg (21.42%), Vitamin B3: 3.92mg (19.59%), Vitamin B2: 0.33mg (19.36%), Phosphorus: 169.37mg (16.94%), Vitamin E: 2.35mg (15.65%), Potassium: 480.16mg (13.72%), Vitamin B5: 1.24mg (12.38%), Folate: 47.94µg (11.98%), Vitamin B1: 0.15mg (10.13%), Iron: 1.82mg (10.13%), Calcium: 100.9mg (10.09%), Magnesium: 37.17mg (9.29%), Manganese: 0.17mg (8.28%), Zinc: 0.84mg (5.59%), Fiber: 0.91g (3.63%), Vitamin D: 0.16µg (1.07%)