



Salmon Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



42 kcal

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 teaspoons optional: dill fresh chopped
- 0.5 teaspoon gelatin powder unflavored
- 1 cup curd cottage cheese 2% low-fat
- 0.3 cup mayonnaise reduced-fat
- 1.5 teaspoons onion grated
- 0.3 teaspoon paprika
- 0.3 teaspoon pepper sauce hot
- 1 cup pink salmon boneless skinless canned flaked drained finely ()

- 0.3 teaspoon salt
- 0.3 cup water boiling
- 2 tablespoons water cold
- 0.3 teaspoon worcestershire sauce

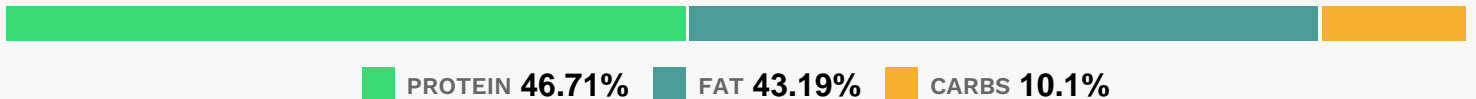
Equipment

- bowl
- whisk
- blender
- plastic wrap
- loaf pan

Directions

- Sprinkle gelatin over 2 tablespoons cold water in a small bowl; let stand 5 minutes.
- Add 1/4 cup boiling water, stirring with a whisk until gelatin dissolves; cool 15 minutes. Stir in onion and next 5 ingredients (through black pepper), stirring with a whisk. Chill 20 minutes or until mixture thickens.
- Place cottage cheese in a blender; process until smooth.
- Add gelatin mixture and mayonnaise; process until well combined. Spoon cheese mixture into a large bowl; fold in salmon and chopped dill.
- Coat a 4-cup loaf pan or metal mold with cooking spray; line with plastic wrap. Spoon salmon mixture into prepared pan; cover with plastic wrap. Chill overnight or until set. Invert pan onto a platter; remove plastic wrap.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3799999910204%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 41.7kcal (2.09%), Fat: 1.95g (3.01%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 1g (0.37%), Sugar: 0.71g (0.79%), Cholesterol: 7.73mg (2.58%), Sodium: 173.07mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Selenium: 6.02µg (8.61%), Vitamin B12: 0.48µg (7.98%), Vitamin B6: 0.11mg (5.35%), Phosphorus: 49mg (4.9%), Vitamin B3: 0.92mg (4.61%), Vitamin B2: 0.08mg (4.44%), Vitamin K: 2.6µg (2.47%), Vitamin B5: 0.23mg (2.34%), Potassium: 76.05mg (2.17%), Vitamin B1: 0.03mg (2.03%), Copper: 0.04mg (2.01%), Calcium: 13.89mg (1.39%), Folate: 5.44µg (1.36%), Magnesium: 4.6mg (1.15%), Zinc: 0.15mg (1.01%)