



Salmon Mousse

READY IN



45 min.

SERVINGS



18

CALORIES



326 kcal

Ingredients

- ☐ 18 servings shell pasta cooked
- ☐ 18 servings round buttery crackers assorted
- ☐ 0.5 cup commercial cream sour
- ☐ 0.3 teaspoon dill weed dried whole
- ☐ 4 sprigs parsley fresh
- ☐ 1 teaspoon garlic salt
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 18 servings green onions cut into strips
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise

- ☐ 1 cup onion chopped
- ☐ 18 servings paprika
- ☐ 15.5 ounce salmon red undrained canned
- ☐ 0.3 teaspoon pepper white
- ☐ 18 servings aspic
- ☐ 18 servings aspic

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ blender

Directions

- ☐ Drain salmon, reserving liquid; add water to salmon liquid to yield 1/2 cup.
- ☐ Combine salmon liquid and gelatin in a small saucepan; cook over medium heat, stirring constantly, until gelatin dissolves.
- ☐ Remove from heat, and set aside.
- ☐ Remove skin and bones from salmon, and discard; flake salmon.
- ☐ Place gelatin mixture, salmon, onion, mayonnaise, sour cream, lemon juice, garlic salt, dill weed, pepper, and parsley in container of an electric blender; process until smooth.
- ☐ Pour mixture into a lightly oiled 5-cup fish mold. Chill until firm.
- ☐ Unmold onto a serving tray.
- ☐ Garnish with aspic, cooked pasta, and green onion strips; sprinkle with paprika as desired.
- ☐ Serve with assorted crackers.
- ☐ Note: Recipe may also be prepared in a food processor. Position knife blade in processor bowl; add ingredients. Process until smooth, and proceed as directed.

Nutrition Facts



 **PROTEIN 16.1%**  **FAT 35.98%**  **CARBS 47.92%**

Properties

Glycemic Index:11.36, Glycemic Load:12.33, Inflammation Score:-7, Nutrition Score:14.112173785334%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 325.78kcal (16.29%), Fat: 13.06g (20.09%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 36.2g (13.16%), Sugar: 2.77g (3.08%), Cholesterol: 30.35mg (10.12%), Sodium: 409.84mg (17.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.3%), Selenium: 33.68µg (48.11%), Vitamin K: 36.08µg (34.37%), Vitamin D: 3.66µg (24.39%), Vitamin A: 1181.81IU (23.64%), Manganese: 0.42mg (21.22%), Vitamin B12: 1.23µg (20.44%), Phosphorus: 202.41mg (20.24%), Vitamin B3: 3.18mg (15.91%), Iron: 2.58mg (14.32%), Vitamin E: 1.81mg (12.05%), Fiber: 2.92g (11.7%), Calcium: 116.72mg (11.67%), Vitamin B2: 0.16mg (9.2%), Copper: 0.17mg (8.37%), Magnesium: 32.8mg (8.2%), Vitamin B1: 0.11mg (7.41%), Vitamin B6: 0.14mg (6.91%), Folate: 26.44µg (6.61%), Potassium: 223.97mg (6.4%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.39mg (3.89%), Vitamin C: 2.8mg (3.39%)