



Salmon Mousse

 Gluten Free

READY IN



385 min.

SERVINGS



12

CALORIES



160 kcal

Ingredients

- ☐ 0.5 cup celery diced
- ☐ 0.5 cup bell pepper diced green
- ☐ 0.3 cup onion finely chopped
- ☐ 3 Tbsp optional: dill fresh chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup yogurt plain
- ☐ 8 oz cream cheese
- ☐ 1 can concentrated tomato soup
- ☐ 12 servings all the tabasco sauce you handle

- ☐ 3 Tbsp juice of lemon
- ☐ 0.8 cup water cold
- ☐ 2 envelopes gelatin powder unflavored unsweetened
- ☐ 1 lb freshly boneless canned cooked
- ☐ 1 stick-free 6 cup mold
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- ☐ 1 stick-free 6 cup mold

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap

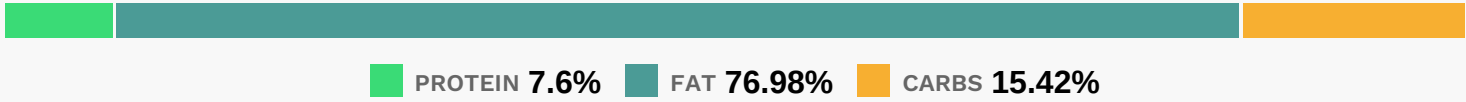
Directions

- ☐ In a bowl, mix salmon, celery, green pepper, onion, dill, mayonnaise, yogurt, lemon juice.
- ☐ Make the tomato sauce cream cheese base: In a sauce pan, melt the cream cheese.
- ☐ Add the tomato soup or tomato sauce and continue cooking over low heat, stirring constantly, until the mixture is smooth and creamy.
- ☐ Add several dashes of Tabasco sauce.
- ☐ Pour the cream cheese and tomato soup mixture into the salmon mixture and mix thoroughly.
- ☐ Pour the cold water into a small pot and stir in the gelatin. Be sure to use cold water. Gelatin needs this to disperse properly. Slowly heat the water and gelatin just until the gelatin dissolves. Do not boil the gelatin or it will not gel properly.
- ☐ Add the dissolved gelatin to the salmon mixture and mix well.
- ☐ Pour the mixture into a decorative mold or into serving bowls and refrigerate for 6 hours, or until firm.
- ☐ Un-mold: If using a decorative mold, un-mold the salmon mousse by placing the bottom of the mold in hot water for a few seconds and turn the mold over onto a large serving dish to release the mousse. The surface of the mousse may appear a bit ragged. If you cover with

plastic wrap and re-chill in the refrigerator, it should become more smooth.

- ☐
- Refrigerate until ready to serve.
- ☐
- Serve salmon mousse with sliced avocados, celery sticks, lettuce leaves, tomatoes, olives, slices of baguette, and/or crackers.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:3.8826087065365%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 159.96kcal (8%), Fat: 13.96g (21.47%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.7g (4.11%), Cholesterol: 24.34mg (8.11%), Sodium: 225.13mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin K: 18.12µg (17.26%), Vitamin C: 10.19mg (12.35%), Vitamin A: 416.07IU (8.32%), Potassium: 211.93mg (6.06%), Selenium: 3.3µg (4.71%), Phosphorus: 43.53mg (4.35%), Vitamin B2: 0.07mg (4.24%), Vitamin E: 0.6mg (3.99%), Calcium: 39.21mg (3.92%), Vitamin B6: 0.06mg (2.94%), Manganese: 0.06mg (2.81%), Copper: 0.05mg (2.68%), Magnesium: 8.56mg (2.14%), Fiber: 0.51g (2.05%), Vitamin B5: 0.19mg (1.91%), Folate: 6.91µg (1.73%), Vitamin B1: 0.03mg (1.72%), Zinc: 0.24mg (1.59%), Vitamin B12: 0.09µg (1.51%), Vitamin B3: 0.29mg (1.44%), Iron: 0.25mg (1.39%)