



Salmon Pâté

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chives finely chopped
- ☐ 4 ounces cream cheese at room temperature
- ☐ 2 tablespoons juice of lemon
- ☐ 8 ounces salmon fillet skinless
- ☐ 8 servings salt and pepper
- ☐ 4 tablespoons butter unsalted at room temperature
- ☐ 8 servings crudités assorted
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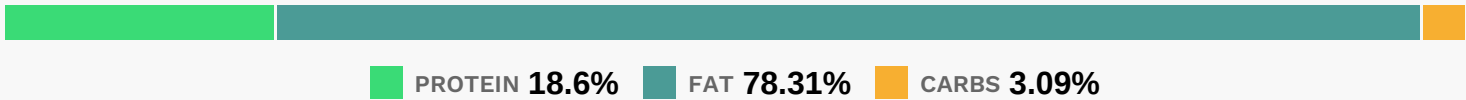
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place salmon fillet in pan and just cover with cold water. Bring to a boil, then reduce heat and simmer for 5 minutes.
- ☐ Remove from pan and cool completely on a plate, about 30 minutes.
- ☐ Place salmon in food processor and pulse briefly.
- ☐ Add cream cheese, butter and lemon juice; puree until smooth. Season with salt and pepper.
- ☐ Transfer to a bowl, cover and chill for 30 minutes. (Can be made to this point the day before.)
- ☐ Spoon pt into piping bag with star nozzle and pipe onto vegetables or crackers; sprinkle with chopped chives. Or spoon it into a serving bowl and serve with crudits.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:5.1878260626741%

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 Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 141.26kcal (7.06%), Fat: 12.37g (19.03%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.65g (0.73%), Cholesterol: 44.96mg (14.99%), Sodium: 251.62mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Selenium: 11.65µg (16.65%), Vitamin B12: 0.94µg (15.74%), Vitamin B6: 0.24mg (12.17%), Vitamin B3: 2.26mg (11.28%), Vitamin A: 431.27IU (8.63%), Vitamin B2: 0.14mg

(8.51%), Phosphorus: 74.57mg (7.46%), Vitamin B5: 0.57mg (5.69%), Potassium: 166.91mg (4.77%), Vitamin B1: 0.07mg (4.64%), Copper: 0.08mg (3.86%), Vitamin K: 3.45µg (3.29%), Folate: 10.64µg (2.66%), Vitamin C: 2.18mg (2.64%), Magnesium: 10.39mg (2.6%), Calcium: 20.33mg (2.03%), Vitamin E: 0.29mg (1.95%), Zinc: 0.27mg (1.79%), Iron: 0.27mg (1.49%)