

Salmon Pâté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 2 teaspoons optional: dill fresh minced
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons onion red minced
- ☐ 0.1 teaspoon salt
- ☐ 12 ounce pink salmon in water boneless skinless drained canned

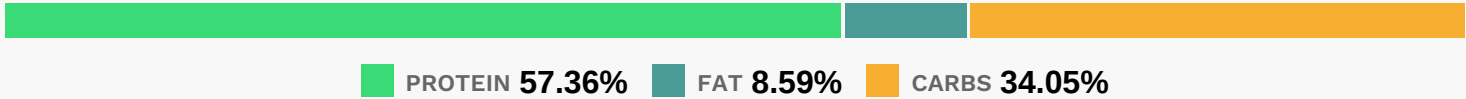
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine all ingredients in a large bowl; beat with a mixer at medium speed until well blended. Cover and chill until ready to serve.
- ☐ Serve with whole wheat toasts, whole wheat crackers, or fresh vegetables (bread, crackers, and vegetables not included in analysis).
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2082608645863%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 15.9kcal (0.8%), Fat: 0.15g (0.23%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.9g (1%), Cholesterol: 1.7mg (0.57%), Sodium: 121.43mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Phosphorus: 74.8mg (7.48%), Calcium: 51.24mg (5.12%), Vitamin B2: 0.04mg (2.25%), Vitamin B12: 0.13µg (2.24%), Zinc: 0.22mg (1.49%), Folate: 5.7µg (1.43%), Potassium: 43.92mg (1.25%), Vitamin B5: 0.12mg (1.22%), Selenium: 0.72µg (1.03%)