



## Seahawk Salmon Mousse

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



135 kcal

### Ingredients

- 0.5 stalk celery chopped
- 2 chives chopped
- 8 ounce cream cheese
- 1 clove garlic
- 10 servings salt and ground pepper black to taste
- 10 juice of lemon juiced
- 0.3 cup mayonnaise
- 3 ounce salmon smoked flaked

### Equipment

food processor

bowl

## Directions

Blend cream cheese, salmon, mayonnaise, celery, lemon juice, garlic, salt, and pepper in a food processor until smooth.

Transfer mousse to a serving bowl and garnish with chives.

## Nutrition Facts

 **PROTEIN 9.09%**  **FAT 80.59%**  **CARBS 10.32%**

## Properties

Glycemic Index:21.6, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:3.8786956641985%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 135.05kcal (6.75%), Fat: 12.44g (19.14%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.43g (1.25%), Sugar: 1.67g (1.86%), Cholesterol: 27.21mg (9.07%), Sodium: 175.43mg (7.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.16g (6.32%), Vitamin C: 11.88mg (14.4%), Vitamin K: 10.79µg (10.28%), Vitamin D: 1.47µg (9.77%), Selenium: 4.92µg (7.03%), Vitamin A: 335.69IU (6.71%), Vitamin B12: 0.33µg (5.56%), Phosphorus: 43mg (4.3%), Vitamin B2: 0.07mg (4.01%), Vitamin E: 0.55mg (3.64%), Vitamin B6: 0.06mg (2.82%), Calcium: 27.15mg (2.72%), Vitamin B5: 0.26mg (2.61%), Potassium: 85.16mg (2.43%), Folate: 9.45µg (2.36%), Vitamin B3: 0.46mg (2.3%), Copper: 0.03mg (1.64%), Magnesium: 5.98mg (1.49%), Manganese: 0.03mg (1.43%), Zinc: 0.17mg (1.14%), Vitamin B1: 0.02mg (1.08%)