



Smoked or Poached Salmon Mousse with Dill Sauce

 Gluten Free

READY IN



500 min.

SERVINGS



6

CALORIES



617 kcal

Ingredients

- ☐ 6 servings butter for greasing mold
- ☐ 2 tablespoons capers drained
- ☐ 1 cucumber english grated peeled drained for 1 hour
- ☐ 0.7 cup optional: dill fresh finely chopped
- ☐ 1 small clove garlic minced
- ☐ 1 envelope gelatin powder unflavored
- ☐ 2 drops hot sauce
- ☐ 1 slices optional: lemon

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon onion grated
- ☐ 0.5 teaspoon paprika
- ☐ 1 bunch parsley washed and dried
- ☐ 1 teaspoon salt
- ☐ 2 cups salmon smoked flaked
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.3 cup water boiling cold for gelatin
- ☐ 1 cup whipped cream

Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Grease a 6-cup fish mold with butter or mayonnaise. Soften the gelatin in 1/4 cup cold water.
- ☐ Add 1/2 cup boiling water and stir well, until the gelatin has dissolved.
- ☐ Add the mayonnaise, lemon juice, lime juice, onion, hot sauce, paprika, and salt and mix well. Fold in the salmon and capers.
- ☐ Add the whipped cream and continue folding until everything is well combined.
- ☐ Pour the mixture into the prepared mold. Cover with plastic wrap and chill in the refrigerator for 8 hours or overnight.
- ☐ To make the dill sauce, combine all the ingredients in a medium bowl. Cover with plastic wrap and chill for at least 1 hour.
- ☐ When ready to serve, unmold the mousse onto a large plate. Take the lemon slices and create a "tail" on the back of the fish. Surround the mousse with parsley.
- ☐ Serve the dill sauce in a glass bowl next to the salmon mousse.

Nutrition Facts



PROTEIN 13.2% FAT 82.17% CARBS 4.63%

Properties

Glycemic Index:58.25, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:19.154347803282%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 616.78kcal (30.84%), Fat: 56.76g (87.32%), Saturated Fat: 12.75g (79.69%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 6.28g (2.28%), Sugar: 3.61g (4.01%), Cholesterol: 65.84mg (21.95%), Sodium: 1250.8mg (54.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.03%), Vitamin K: 263.44µg (250.89%), Vitamin D: 7.91µg (52.75%), Vitamin A: 1729.63IU (34.59%), Selenium: 22.27µg (31.82%), Vitamin B12: 1.66µg (27.66%), Vitamin C: 21.8mg (26.42%), Copper: 0.42mg (20.96%), Vitamin E: 2.96mg (19.73%), Phosphorus: 153.05mg (15.3%), Vitamin B3: 2.49mg (12.47%), Vitamin B2: 0.2mg (11.92%), Vitamin B6: 0.21mg (10.28%), Iron: 1.85mg (10.26%), Calcium: 100.45mg (10.04%), Potassium: 337.36mg (9.64%), Folate: 37.51µg (9.38%), Vitamin B5: 0.88mg (8.78%), Manganese: 0.17mg (8.3%), Magnesium: 32.18mg (8.04%), Zinc: 0.69mg (4.59%), Vitamin B1: 0.06mg (3.99%), Fiber: 0.91g (3.63%)