



Smoked salmon & avocado terrines



Gluten Free



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings unrefined sunflower oil for greasing
- ☐ 300 g salmon smoked thinly sliced
- ☐ 100 g goat cheese
- ☐ 3 tbsp chives snipped
- ☐ 3 large avocado ripe peeled finely chopped
- ☐ 3 tbsp juice of lemon
- ☐ 8 servings chilli sauce sweet for drizzling
- ☐ 1 leaves balsamic vinaigrette salad dressing

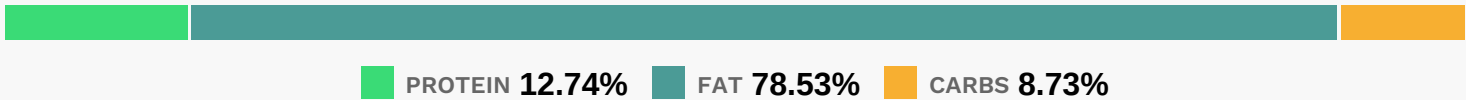
Equipment

☐ ramekin

Directions

- ☐ Lightly oil 8 small ramekins. Line with cling film, then the salmon (either 1 large or 2 smaller slices), allowing plenty of overhang.
- ☐ Gently mix together the cheese, chives and avocado with the lemon juice and plenty of seasoning. Spoon into the salmon-lined ramekins, press down, fold over the overlapping salmon, then cling film to seal in the mixture. Can be made the night before, but if making on the day they should be chilled for at least 4 hrs.
- ☐ On the day, gently lift the terrines out of the ramekins using the cling film, then remove the film.
- ☐ Place the terrines on plates with some baby salad leaves tossed in a little vinaigrette.
- ☐ Drizzle the terrine and plate with sweet chilli sauce.
- ☐ Serve on their own or with toast.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:14.852608794751%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 325.43kcal (16.27%), Fat: 29.43g (45.27%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.25g (1.39%), Cholesterol: 14.38mg (4.79%), Sodium: 355.37mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Vitamin E: 7.86mg (52.38%), Vitamin D: 6.46µg (43.08%), Vitamin B12: 1.25µg (20.77%), Fiber: 5.1g (20.4%), Vitamin K: 19.37µg (18.44%), Selenium: 12.82µg (18.31%), Vitamin B6: 0.33mg (16.67%), Folate: 65.61µg (16.4%), Copper: 0.32mg (16.18%), Vitamin B3: 3.15mg (15.74%), Vitamin B5: 1.47mg (14.69%), Phosphorus: 133.8mg (13.38%), Potassium: 443.58mg (12.67%), Vitamin C: 10.37mg (12.57%), Vitamin B2: 0.19mg (10.91%), Magnesium: 31.42mg (7.85%), Manganese: 0.13mg (6.54%), Vitamin A: 321.11IU (6.42%), Iron: 0.99mg (5.52%), Zinc: 0.72mg (4.82%), Vitamin B1: 0.07mg (4.67%), Calcium: 32.04mg (3.2%)