



Smoked Salmon Coeurs à la Crème

 Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 0.3 lb salmon wild smoked finely chopped
- ☐ 2 oz cream cheese
- ☐ 0.5 cup curd cottage cheese
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 pinch ground pepper

- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

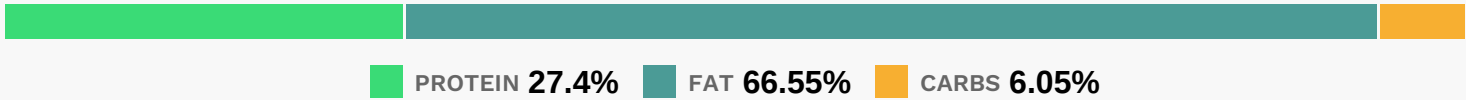
Equipment

- ☐ bowl
- ☐ blender
- ☐ cheesecloth

Directions

- ☐ Blend cheeses, heavy cream, lime juice, salt, and cayenne in a blender until smooth.
- ☐ Transfer cheese mixture to a bowl, then stir in salmon and chives until just combined.
- ☐ Line each mold with a single layer of rinsed and squeezed cheesecloth, leaving a 1-inch overhang. Pack salmon mixture into molds. (It will mound slightly.) Fold overhanging cheesecloth over tops.
- ☐ Transfer molds to a plate and chill, covered, at least 3 and up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:4.0952174203551%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 89.75kcal (4.49%), Fat: 6.63g (10.2%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.99g (1.1%), Cholesterol: 22.52mg (7.51%), Sodium: 282.81mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin D: 3.33µg (22.2%), Selenium: 8.79µg (12.56%), Vitamin B12: 0.72µg (12%), Phosphorus: 72.29mg (7.23%), Vitamin A: 270.47IU (5.41%), Vitamin B2: 0.08mg (4.68%), Vitamin B3: 0.93mg (4.64%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.33mg (3.31%), Calcium:

29.7mg (2.97%), Vitamin E: 0.4mg (2.7%), Copper: 0.05mg (2.6%), Potassium: 71.3mg (2.04%), Magnesium: 6.31mg (1.58%), Vitamin K: 1.46µg (1.39%), Zinc: 0.19mg (1.28%), Iron: 0.2mg (1.1%), Folate: 4.15µg (1.04%)