



Smoked salmon, dill & lemon pâté

READY IN



5 min.

SERVINGS



4

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 150 g salmon smoked fine
- ☐ 200 g cheese soft
- ☐ 1 tbsp crème fraîche
- ☐ 4 juice of lemon
- ☐ 1 small bunch chives chopped
- ☐ 1 sticks buttered toast

Equipment

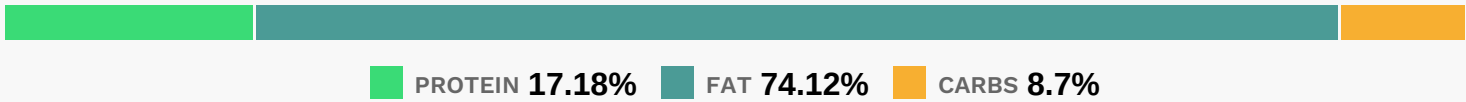
- ☐ food processor

☐ bowl

Directions

- ☐ If you arent using smoked salmon trimmings then chop the salmon into small pieces. Tip the soft cheese, crme frache (if using) and lemon juice into a food processor, season generously with black pepper and blitz to your liking.
- ☐ Add the smoked salmon and pulse a few times if you want the pat chunky or blitz some more if you want the pat smooth and pink.
- ☐ Stir the herbs into the pat and spoon into a large or four smaller bowls and serve with warm toast as a starter or with breadsticks as a dip.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:8.9108695776566%

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 Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 232.45kcal (11.62%), Fat: 19.49g (29.99%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 5.03g (1.83%), Sugar: 2.77g (3.08%), Cholesterol: 60.9mg (20.3%), Sodium: 453.74mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.33%), Vitamin D: 6.41µg (42.75%), Selenium: 16.68µg (23.83%), Vitamin B12: 1.34µg (22.31%), Vitamin A: 768.15IU (15.36%), Vitamin C: 12.22mg (14.81%), Phosphorus: 120.52mg (12.05%), Vitamin B2: 0.16mg (9.67%), Vitamin B3: 1.86mg (9.31%), Vitamin B6: 0.15mg (7.44%), Vitamin B5: 0.66mg (6.65%), Vitamin E: 1mg (6.64%), Calcium: 58.67mg (5.87%), Copper: 0.1mg (5.13%), Potassium: 169.56mg (4.84%), Magnesium: 13.84mg (3.46%), Folate: 12.74µg (3.19%), Vitamin K: 3.27µg (3.12%), Zinc: 0.4mg (2.66%), Iron: 0.42mg (2.36%), Vitamin B1: 0.03mg (1.98%), Manganese: 0.02mg (1.03%)