



Smoked Salmon Pâté

READY IN



15 min.

SERVINGS



24

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz salmon smoked (lox)
- 8 oz creamy pimiento cheese
- 0.3 cup bell pepper red finely chopped
- 1.5 teaspoons lemon pepper
- 1 teaspoon optional: dill fresh chopped
- 3 tablespoons parsley fresh chopped
- 24 slices pumpernickel bread

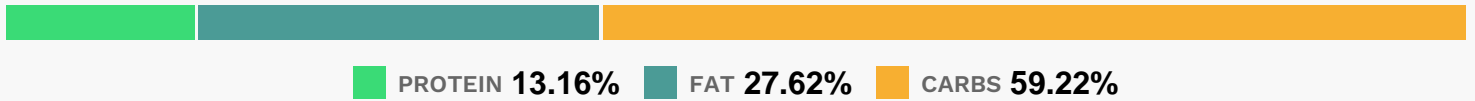
Equipment

- bowl
- plastic wrap
- hand mixer
- spatula

Directions

- Line 2-cup bowl with plastic wrap. In medium bowl, beat all ingredients except parsley and bread with electric mixer on medium speed until smooth. Spoon into lined bowl; press with rubber spatula. Cover; refrigerate until ready to serve.
- To unmold, place 8-inch plate upside down on bowl, then turn plate and bowl over; remove bowl and plastic wrap.
- Sprinkle parsley over top of pâté and on rim of plate.
- Serve with bread.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:7.39, Inflammation Score:-3, Nutrition Score:5.867391285689%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.63kcal (5.78%), Fat: 3.44g (5.3%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 14.45g (5.25%), Sugar: 1.1g (1.22%), Cholesterol: 6.24mg (2.08%), Sodium: 326.07mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Manganese: 0.44mg (21.85%), Selenium: 9.38µg (13.4%), Fiber: 2.16g (8.64%), Vitamin K: 8.74µg (8.33%), Folate: 31.36µg (7.84%), Vitamin B1: 0.11mg (7.14%), Phosphorus: 65.6mg (6.56%), Vitamin B3: 1.24mg (6.18%), Vitamin B2: 0.1mg (6.14%), Calcium: 58mg (5.8%), Iron: 1.01mg (5.6%), Vitamin D: 0.81µg (5.39%), Copper: 0.11mg (5.27%), Magnesium: 18.78mg (4.7%), Vitamin C: 3.27mg (3.97%), Vitamin A: 181.73IU (3.63%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.06mg (2.94%), Vitamin B12: 0.15µg (2.57%), Potassium: 82.57mg (2.36%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.23mg (1.52%)