



Smoked Salmon Pâté

READY IN



15 min.

SERVINGS



24

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

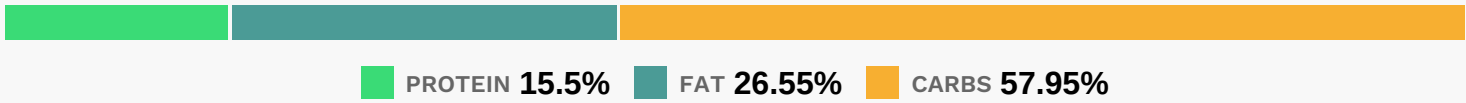
Equipment

- ☐ 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 pt and on rim of plate.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:7.39, Inflammation Score:-3, Nutrition Score:5.7382608392964%

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: 109.86kcal (5.49%), Fat: 3.26g (5.01%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 13.83g (5.03%), Sugar: 0.53g (0.59%), Cholesterol: 6.95mg (2.32%), Sodium: 271.98mg (11.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), 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%), Iron: 1.01mg (5.6%), Vitamin D: 0.81µg (5.39%), Copper: 0.11mg (5.27%), Magnesium: 18.78mg (4.7%), Vitamin A: 185.61IU (3.71%), Calcium: 34.98mg (3.5%), Zinc: 0.5mg (3.33%), Vitamin C: 2.66mg (3.22%), 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%)