



Smoked salmon taramasalata

READY IN



10 min.

SERVINGS



4

CALORIES



445 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g salmon smoked
- ☐ 200 g cheese low-fat soft
- ☐ 100 g crème fraîche
- ☐ 1 juice of lemon
- ☐ 4 servings olive oil
- ☐ 4 servings wholewheat pita breads black toasted

Equipment

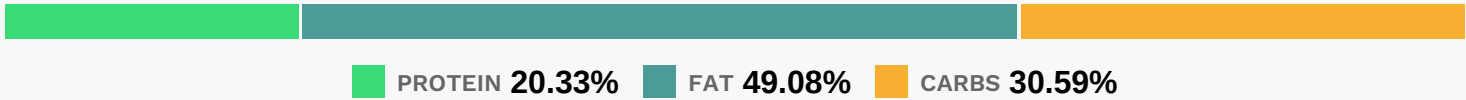
- ☐ food processor

bowl

Directions

Tip the salmon, soft cheese, crme frache and lemon juice into a food processor. Blitz everything until smooth, then stir in a very large pinch cracked pepper. Spoon the mix into a large bowl, drizzle with olive oil and serve with toasted pitta bread and olives.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:29.06, Inflammation Score:-3, Nutrition Score:12.276521765667%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 444.66kcal (22.23%), Fat: 24.12g (37.11%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 32.57g (11.84%), Sugar: 1.3g (1.45%), Cholesterol: 31mg (10.33%), Sodium: 810.27mg (35.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.95%), Phosphorus: 356.92mg (35.69%), Vitamin D: 4.32µg (28.83%), Calcium: 284.25mg (28.42%), Selenium: 16.28µg (23.26%), Vitamin B12: 1.11µg (18.54%), Vitamin E: 2.49mg (16.6%), Manganese: 0.28mg (14.01%), Vitamin B2: 0.23mg (13.72%), Vitamin B3: 2.44mg (12.18%), Vitamin B1: 0.17mg (11.2%), Zinc: 1.54mg (10.29%), Vitamin K: 9.13µg (8.69%), Copper: 0.17mg (8.39%), Magnesium: 30.01mg (7.5%), Iron: 1.31mg (7.27%), Vitamin B5: 0.63mg (6.25%), Vitamin B6: 0.12mg (6.24%), Vitamin A: 281.45IU (5.63%), Folate: 22.44µg (5.61%), Potassium: 183.07mg (5.23%), Fiber: 1.25g (5.02%), Vitamin C: 3.13mg (3.79%)