



HEALTH SCORE

66%

Smoked salmon terrine



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



3444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g salmon smoked
- ☐ 600 g cream cheese
- ☐ 150 ml double cream
- ☐ 1 lemon zest thin
- ☐ 1 tbsp optional: dill very finely chopped
- ☐ 2 tbsp chives snipped finely
- ☐ 1 serving cooking oil for greasing
- ☐ 1 lb baking soda toasted

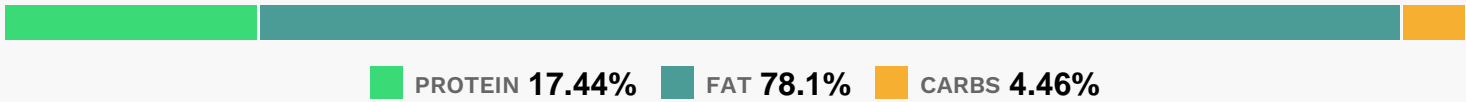
Equipment

- ☐ food processor

Directions

- ☐ Grease a loaf tin, a 900g/2lb one is ideal but you can use one slightly smaller or bigger. Line with cling film, then cover just the base with one layer of smoked salmon slices, trimmed to fit neatly.
- ☐ Whizz the cream cheese, cream, lemon zest and juice together in a food processor to combine. Scrape out and stir in the dill and chives with some seasoning.
- ☐ Spread an 8th of the cream cheese mixture over as evenly as you can. Top with a layer of salmon slices. Repeat with the cream cheese and salmon – you should be able to do 7 layers of cream cheese (By starting with just an 8th of the mixture, it means as the tin widens you'll have enough to put a bit more as you go further up creating even layers.) Finish with a last layer of salmon (and treat yourself to a smoked salmon sarnie with any trimmings!) Cover with cling film, pressing down gently, then chill overnight.
- ☐ To serve, turn onto a platter and gently peel off the cling film. Scatter with a few dill fronds and serve with lemon wedges and toast.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:9, Inflammation Score:-10, Nutrition Score:61.797825968784%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 3443.6kcal (172.18%), Fat: 300.86g (462.86%), Saturated Fat: 162.52g (1015.76%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 37.86g (13.77%), Sugar: 27.33g (30.36%), Cholesterol: 914.51mg (304.84%), Sodium: 130732.4mg (5684.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 151.17g (302.33%), Vitamin D: 105.01µg (700.1%), Selenium: 251.53µg (359.33%), Vitamin B12: 21.12µg (352.02%), Vitamin A: 11093.21IU (221.86%),

Phosphorus: 1717.98mg (171.8%), Vitamin B3: 29.03mg (145.16%), Vitamin B2: 2.28mg (134.27%), Vitamin E: 17.13mg (114.17%), Vitamin B6: 2.08mg (103.81%), Vitamin B5: 9.06mg (90.65%), Calcium: 761.98mg (76.2%), Copper: 1.52mg (76.01%), Potassium: 2015.66mg (57.59%), Magnesium: 176.2mg (44.05%), Vitamin K: 40.79µg (38.85%), Zinc: 5.27mg (35.16%), Iron: 6.08mg (33.78%), Vitamin B1: 0.31mg (20.98%), Folate: 79.72µg (19.93%), Vitamin C: 12.47mg (15.12%), Manganese: 0.2mg (9.85%), Fiber: 0.79g (3.18%)