



Smoked Trout Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



99 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup chicken broth
- ☐ 0.5 cup cup heavy whipping cream sour (such as Tofutti Supreme)
- ☐ 0.3 cup chives fresh chopped
- ☐ 4 teaspoons optional: dill fresh chopped
- ☐ 1 tablespoon gelatin powder unflavored
- ☐ 4 large hardboiled eggs
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 10 ounce trout smoked boneless skinless

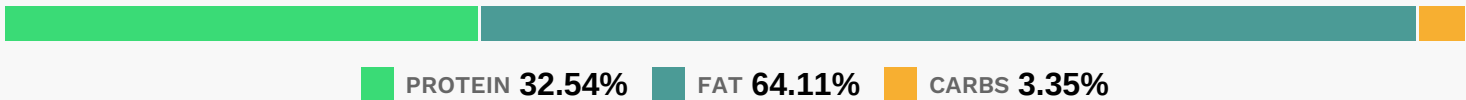
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ loaf pan
- ☐ microwave

Directions

- ☐ Peel eggs. Slice each egg in half lengthwise; remove yolk. Reserve yolks for another use. Finely chop egg white. Set aside.
- ☐ Coat a (7 1/2 x 3-inch) loaf pan with cooking spray; line pan with plastic wrap. Set aside.
- ☐ Place broth in a 2-cup glass measure; sprinkle gelatin over broth.
- ☐ Let stand 5 minutes. Microwave broth mixture at high 30 seconds; stir until gelatin dissolves. Chill 15 minutes or until mixture begins to thicken.
- ☐ Place trout in a food processor; pulse 10 times or until finely chopped.
- ☐ Add broth mixture, lemon juice, and pepper; process until well combined.
- ☐ Place trout mixture in a large bowl; fold in sour cream substitute, 1/4 cup chives, and dill. Spoon trout mixture into prepared pan; cover and chill overnight.
- ☐ Sprinkle with egg white.
- ☐ Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:6.3065217662117%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 98.67kcal (4.93%), Fat: 6.97g (10.72%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.64g (0.71%), Cholesterol: 87.47mg (29.16%), Sodium: 109.51mg (4.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.91%), Vitamin B12: 2.05µg (34.09%), Selenium: 8.73µg (12.47%), Vitamin B2: 0.2mg (11.56%), Manganese: 0.23mg (11.48%), Vitamin D: 1.45µg (9.64%), Phosphorus: 94.15mg (9.41%), Vitamin B5: 0.73mg (7.26%), Vitamin B1: 0.1mg (6.75%), Vitamin A: 285.75IU (5.72%), Vitamin B3: 1.13mg (5.66%), Vitamin B6: 0.07mg (3.68%), Potassium: 125.72mg (3.59%), Iron: 0.61mg (3.38%), Copper: 0.07mg (3.3%), Folate: 12.42µg (3.1%), Calcium: 27.5mg (2.75%), Zinc: 0.38mg (2.51%), Vitamin K: 2.3µg (2.19%), Vitamin E: 0.32mg (2.16%), Magnesium: 8.54mg (2.14%), Vitamin C: 1.66mg (2.01%)