



Smoked Trout Pâté

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chives finely chopped
- 0.5 cup crème fraîche sour
- 1 juice of lime
- 0.1 teaspoon paprika smoked
- 1 tablespoon tarragon finely chopped

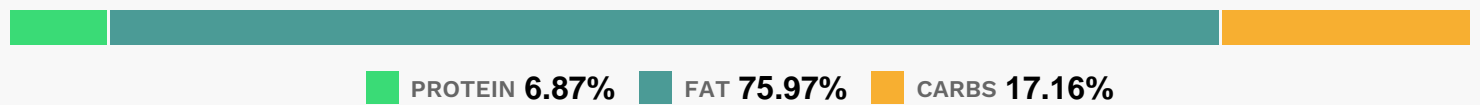
Equipment

- bowl

Directions

- In a medium, nonreactive bowl, combine the crème fraîche or sour cream, capers, chives, tarragon, paprika, cayenne, and lime juice. Season with salt and pepper. Using your hands, break the trout into bite-sized pieces, discarding any bones and skin.
- Add the fish to the crème fraîche mixture. Stir rapidly with a spoon, using the spoon to break up the fish, until the mixture is a spreadable consistency. Season with salt and pepper as desired.
- Serve on crackers or thinly sliced toasts.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.2226087023383%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 32.18kcal (1.61%), Fat: 2.86g (4.4%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.56g (0.63%), Cholesterol: 8.48mg (2.83%), Sodium: 5.11mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Manganese: 0.07mg (3.69%), Vitamin A: 159.9IU (3.2%), Calcium: 25.43mg (2.54%), Vitamin C: 1.91mg (2.32%), Vitamin B2: 0.04mg (2.19%), Iron: 0.31mg (1.71%), Vitamin B6: 0.03mg (1.48%), Potassium: 50.6mg (1.45%), Phosphorus: 14.5mg (1.45%), Magnesium: 4.99mg (1.25%), Folate: 4.04µg (1.01%), Vitamin K: 1.06µg (1.01%)