



Smoked trout pâté & pitta crisps

READY IN



25 min.

SERVINGS



8

CALORIES



181 kcal

Ingredients

- ☐ 4 pitta breads
- ☐ 2 tbsp olive oil
- ☐ 240 g hot-smoked trout fillets
- ☐ 200 ml reduced fat soured cream
- ☐ 2 tbsp optional: dill chopped for sprinkling
- ☐ 1 tbsp gherkin chopped
- ☐ 1 tbsp gherkin chopped

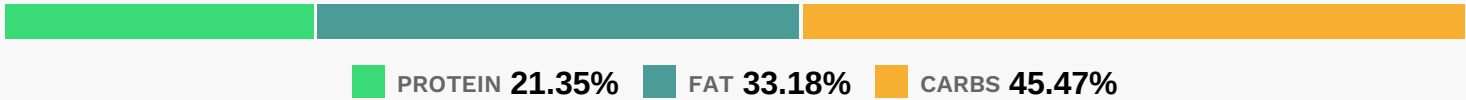
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Halve the pittas and cut into wedges.
- ☐ Brush with 2 tbsp olive oil; sprinkle with salt and chopped dill. Cook for 10–12 mins until crisp.
- ☐ Flake the hot smoked trout fillets and mix with soured cream, chopped gherkins and chopped dill.
- ☐ Serve with the crisps.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:16.22, Inflammation Score:-1, Nutrition Score:7.5034782679185%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 181.29kcal (9.06%), Fat: 6.6g (10.15%), Saturated Fat: 1.34g (8.41%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 19.67g (7.15%), Sugar: 3.55g (3.94%), Cholesterol: 21.74mg (7.25%), Sodium: 177.7mg (7.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Vitamin B12: 2.41µg (40.21%), Manganese: 0.39mg (19.6%), Vitamin B1: 0.19mg (12.56%), Phosphorus: 117.27mg (11.73%), Vitamin B3: 1.97mg (9.87%), Vitamin B2: 0.17mg (9.85%), Vitamin D: 1.19µg (7.91%), Vitamin B5: 0.77mg (7.71%), Calcium: 63.08mg (6.31%), Selenium: 4.1µg (5.86%), Copper: 0.11mg (5.32%), Potassium: 176.08mg (5.03%), Iron: 0.9mg (4.99%), Magnesium: 16.18mg (4.05%), Vitamin E: 0.58mg (3.89%), Vitamin B6: 0.08mg (3.85%), Zinc: 0.55mg (3.68%), Folate: 11.73µg (2.93%), Fiber: 0.67g (2.67%), Vitamin K: 2.2µg (2.1%), Vitamin A: 96.77IU (1.94%)