Fitness Snack: Low-Carb Salmon Mousse

Nutrition Facts

Amount Per Serving

Calories	305 kcal
Protein	26.4g
Carbohydrate	4.2g
Fat	19.7g
Dietary Fiber	0.5g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Fitness Snack Recipe: Low-Carb Salmon Mousse

Ingredients:

- 100g Smoked salmon
- 30g Creme Fraiche
- 50g Curd cheese (low-fat)
- 1/2 Lemon
- Dill
- Pepper

Preparation:

Put smoked salmon, creme fraiche and curd cheese into a bowl. Squeeze the half of a lemon and flavor the ingredients with a bit of pepper. Mix all the ingredients with a handheld blender. Garnish the salmon mousse with a bit of dill. Enjoy and stay fit!

Product recommendation: