



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Smoked Salmon Pate & Rice Cakes

Smoked Salmon Pate & Rice Cakes is a delicious appetizer that combines the rich flavors of smoked salmon with the crunch of rice cakes. The pate is made from a creamy blend of smoked salmon, cream cheese, lemon juice, and fresh herbs. It is served on top of crispy rice cakes for a perfect bite-sized treat. This recipe is perfect for parties or as a light snack.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

150 g	Smoked Salmon
100 g	cream cheese
2 tsp	Lemon juice
5 g	fresh dill

**5 g** fresh chives

**16**  
**pieces** rice cakes

## Directions

---

### Step 1

#### Blending

In a food processor, combine the smoked salmon, cream cheese, lemon juice, dill, and chives. Process until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Spreading

Spread the smoked salmon pate onto the rice cakes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 12 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Christmas Easter Thanksgiving Picnic

### Course

Appetizers Salads Snacks

### Cultural

Chinese New Year

### Cost

\$40 to \$50

### Demographics

Teen Friendly Pregnancy Safe Lactation Friendly Allergy Friendly  
Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)  
Flexitarian Diet Weight Watchers (WW) Diet  
MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

## Meal Type

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)