



## Chicken Liver Pate



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



987 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 small cooking apple cored grated peeled
- ☐ 2 tablespoons brandy
- ☐ 1 cup butter divided
- ☐ 2 pounds chicken livers
- ☐ 2 teaspoons curry powder
- ☐ 2 medium onions chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt

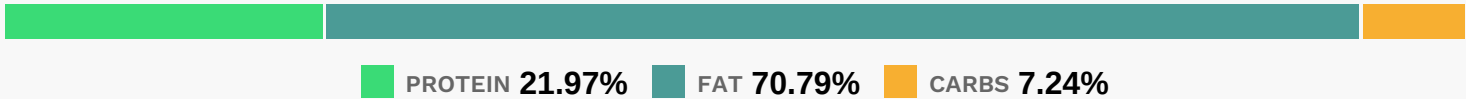
# Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

# Directions

- ☐ Melt 1/2 cup butter in a large skillet.
- ☐ Add livers, onion, apple, curry powder, salt, and pepper. Cook over medium-low heat, stirring occasionally, 30 minutes or until liquid is absorbed.
- ☐ Spoon liver mixture into container of blender or food processor; process until smooth.
- ☐ Cut remaining butter into 4 pieces.
- ☐ Add butter and brandy; process until smooth.
- ☐ Spoon mixture into a lightly oiled 3 1/2-cup mold. Chill several hours or overnight. Invert onto serving platter; garnish with chopped or sliced hard-cooked eggs and parsley, if desired.
- ☐ Serve pt with crackers.

# Nutrition Facts



# Properties

Glycemic Index:37, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:61.5034784444141%

# Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.88mg, Quercetin:

16.88mg, Quercetin: 16.88mg, Quercetin: 16.88mg

Nutrients (% of daily need)

Calories: 986.9kcal (49.35%), Fat: 75.86g (116.71%), Saturated Fat: 17.44g (109%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 14.55g (5.29%), Sugar: 8.31g (9.24%), Cholesterol: 1043.26mg (347.75%), Sodium: 1513.86mg (65.82%), Alcohol: 3.34g (100%), Alcohol %: 0.82% (100%), Protein: 52.97g (105.94%), Vitamin B12: 50.21µg (836.88%), Vitamin A: 36248.25IU (724.96%), Folate: 1796.34µg (449.09%), Vitamin B2: 5.44mg (320.1%), Selenium: 165.71µg (236.73%), Vitamin B5: 19.03mg (190.35%), Iron: 27.82mg (154.55%), Vitamin B3: 29.61mg (148.07%), Vitamin B6: 2.71mg (135.53%), Phosphorus: 947.56mg (94.76%), Copper: 1.55mg (77.27%), Vitamin C: 62.14mg (75.33%), Vitamin B1: 0.98mg (65.08%), Zinc: 8.28mg (55.2%), Manganese: 0.96mg (48.24%), Vitamin E: 4.86mg (32.41%), Potassium: 910.61mg (26.02%), Magnesium: 73.23mg (18.31%), Fiber: 2.92g (11.69%), Calcium: 74.21mg (7.42%), Vitamin K: 2.99µg (2.85%)