



Chicken Liver Pâté with Figs and Walnuts

READY IN



45 min.

SERVINGS



12

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1 pound chicken livers trimmed
- ☐ 1 tablespoon cognac
- ☐ 1 cup cooking wine dry red
- ☐ 0.8 cup mission figs dried black
- ☐ 1 french-bread baguette toasted sliced
- ☐ 12 servings chives fresh (for garnish)
- ☐ 1 cup low-salt chicken broth canned
- ☐ 1 small onion thinly sliced

- ☐ 1 leaf lettuce red (for garnish)
- ☐ 1.3 teaspoons salt
- ☐ 0.5 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Spray 3-cup soufflé dish or terrine with vegetable oil spray. Line dish with plastic wrap; spray plastic.
- ☐ Combine chicken livers, broth and onion in medium saucepan. Bring to boil. Cover and simmer until livers are cooked through, stirring occasionally, about 12 minutes.
- ☐ Drain cooking liquid; transfer chicken livers and onion to processor.
- ☐ Add butter, Cognac and salt to processor. Puree until smooth.
- ☐ Transfer to prepared dish. Cover and refrigerate until firm, at least 4 hours.
- ☐ Bring wine to simmer in small saucepan.
- ☐ Remove from heat.
- ☐ Add figs.
- ☐ Let stand until figs soften, about 15 minutes.
- ☐ Drain wine. Quarter figs. (Pâté and figs can be prepared 1 day ahead. Keep pâté refrigerated.
- ☐ Transfer figs to small bowl; cover and refrigerate.)
- ☐ Unmold pâté onto platter. Press walnuts onto sides of pâté.
- ☐ Garnish top with chives and some figs. Arrange lettuce on platter with pâté.
- ☐ Place remaining figs atop lettuce.
- ☐ Serve with toasts.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:26.027826117433%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 339.47kcal (16.97%), Fat: 21.33g (32.82%), Saturated Fat: 10.83g (67.69%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 20.84g (7.58%), Sugar: 4.39g (4.88%), Cholesterol: 171.08mg (57.03%), Sodium: 478.31mg (20.8%), Alcohol: 2.52g (100%), Alcohol %: 2.01% (100%), Protein: 11.52g (23.04%), Vitamin B12: 6.32µg (105.32%), Vitamin A: 4729.11IU (94.58%), Folate: 271.84µg (67.96%), Vitamin B2: 0.84mg (49.67%), Selenium: 30.67µg (43.81%), Vitamin B3: 5.69mg (28.45%), Iron: 4.98mg (27.65%), Vitamin B5: 2.57mg (25.71%), Vitamin B1: 0.38mg (25.48%), Manganese: 0.47mg (23.51%), Vitamin B6: 0.41mg (20.61%), Phosphorus: 179.1mg (17.91%), Copper: 0.34mg (17.1%), Zinc: 1.58mg (10.55%), Vitamin C: 8.16mg (9.89%), Magnesium: 29.7mg (7.42%), Fiber: 1.62g (6.48%), Potassium: 215.69mg (6.16%), Vitamin E: 0.83mg (5.52%), Vitamin K: 4.7µg (4.47%), Calcium: 38.17mg (3.82%), Vitamin D: 0.28µg (1.89%)