



Chutney-Glazed Cheese Pâté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 8 servings garnishes: cucumber peel
- ☐ 0.5 teaspoon curry powder
- ☐ 3 tablespoons cooking sherry dry
- ☐ 3 green onions sliced
- ☐ 9 ounce mango chutney
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce block sharp cheddar cheese shredded

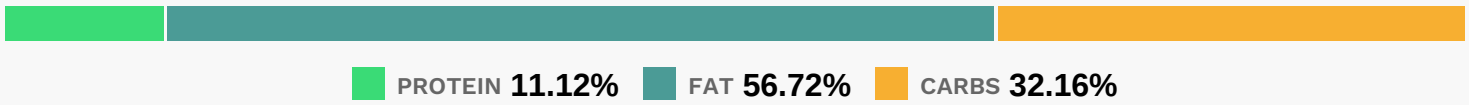
Equipment

☐ bowl

Directions

- ☐ Stir together cheeses and next 3 ingredients in a large bowl until blended.
- ☐ Spread mixture evenly into a 4-cup shallow serving dish. Cover and chill 8 hours.
- ☐ Spread chutney evenly over top of pt; sprinkle with green onions.
- ☐ Garnish, if desired.
- ☐ Chutney-and-Blue Cheese Pt : Substitute 1 (3-ounce) package cream cheese and 1 (4-ounce) package blue cheese for sharp Cheddar cheese. Proceed with recipe as directed, substituting cranberry chutney for mango chutney, if desired. Leftovers are great on roast beef sandwiches or burgers.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:12.6, Inflammation Score:-5, Nutrition Score:6.2534781979478%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 310.13kcal (15.51%), Fat: 19.44g (29.91%), Saturated Fat: 11.18g (69.86%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 24.29g (8.83%), Sugar: 16.8g (18.67%), Cholesterol: 56.98mg (18.99%), Sodium: 358.39mg (15.58%), Alcohol: 0.58g (100%), Alcohol %: 0.73% (100%), Protein: 8.57g (17.15%), Calcium: 238.84mg (23.88%), Phosphorus: 169.56mg (16.96%), Selenium: 11.15µg (15.93%), Vitamin A: 711.61IU (14.23%), Vitamin B2: 0.22mg (12.91%), Vitamin K: 10.81µg (10.3%), Zinc: 1.23mg (8.22%), Vitamin B12: 0.36µg (6.05%), Vitamin C: 3.7mg (4.48%), Folate: 15.28µg (3.82%), Vitamin E: 0.55mg (3.65%), Magnesium: 13.38mg (3.35%), Potassium: 103.53mg (2.96%), Vitamin B5: 0.29mg (2.93%), Copper: 0.05mg (2.6%), Vitamin B6: 0.05mg (2.47%), Fiber: 0.52g (2.07%), Iron: 0.35mg (1.97%),

Manganese: 0.04mg (1.94%), Vitamin B1: 0.02mg (1.55%), Vitamin D: 0.17µg (1.13%)