



## Colorful Christmas Pâté

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

### Ingredients

- 8 ounce cream cheese softened
- 4 ounce feta cheese
- 1 cup basil leaves fresh loosely packed
- 3 cloves garlic divided
- 0.8 cup oil-packed tomatoes dried drained
- 3 tablespoons olive oil
- 1 cup parsley sprigs fresh loosely packed
- 0.3 cup pinenuts toasted

## Equipment

- bowl
- blender
- plastic wrap
- hand mixer

## Directions

- Line a 2 1/2-cup mold or bowl with plastic wrap, leaving a 1" overhang around edges. Set aside.
- Beat cheeses at medium speed of an electric mixer until creamy; set aside.
- Combine basil and next 3 ingredients in container of an electric blender; add 2 cloves garlic. Cover and process until smooth, stopping once to scrape down sides; remove from blender, and set aside.
- Combine tomatoes and remaining garlic clove in container of electric blender; process until smooth.
- Spoon one-third of cream cheese mixture into prepared mold, spreading evenly; spread with basil mixture. Spoon one-third of cream cheese mixture over basil mixture, spreading evenly; spread with tomato mixture.
- Spread remaining cream cheese mixture over tomato mixture. Cover and chill at least 4 hours.
- Unmold pt onto a serving platter; peel off plastic wrap.
- Serve with baguette slices or assorted crackers.

## Nutrition Facts

    
 **PROTEIN 9.73%**  **FAT 75.55%**  **CARBS 14.72%**

## Properties

Glycemic Index:27, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:14.659130547358%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.04mg, Quercetin:

0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 243.26kcal (12.16%), Fat: 21.33g (32.81%), Saturated Fat: 8.6g (53.74%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 7.6g (2.77%), Sugar: 5.18g (5.75%), Cholesterol: 41.25mg (13.75%), Sodium: 266.34mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Vitamin K: 146.19µg (139.23%), Manganese: 0.63mg (31.7%), Vitamin A: 1322.06IU (26.44%), Vitamin C: 14.94mg (18.11%), Vitamin B2: 0.26mg (15.04%), Phosphorus: 146.82mg (14.68%), Potassium: 480.08mg (13.72%), Calcium: 127.15mg (12.71%), Copper: 0.24mg (11.89%), Iron: 1.9mg (10.57%), Magnesium: 41.79mg (10.45%), Vitamin E: 1.5mg (10.01%), Zinc: 1.14mg (7.63%), Selenium: 5.34µg (7.62%), Folate: 29.01µg (7.25%), Vitamin B1: 0.11mg (7.19%), Vitamin B3: 1.42mg (7.09%), Vitamin B6: 0.14mg (6.98%), Fiber: 1.74g (6.97%), Vitamin B5: 0.57mg (5.7%), Vitamin B12: 0.3µg (5.03%)