



Country Chicken Pâté

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



102 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 4 ounces chicken livers
- 8 ounce weight cream cheese fat-free cubed softened
- 0.3 teaspoon thyme dried
- 2 garlic clove chopped
- 1 Dash ground allspice
- 1 Dash ground cinnamon
- 0.3 teaspoon nutmeg

- 1 tablespoon cream sour low-fat
- 0.5 cup onion finely chopped
- 2 tablespoons red wine sweet
- 0.5 teaspoon salt
- 1 teaspoon stick margarine
- 1 pound chicken breast cut into 1/2-inch pieces

Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- loaf pan
- kitchen thermometer

Directions

- Preheat oven to 32
- Melt butter in a small nonstick skillet over medium heat.
- Add onion and garlic, and saut 4 minutes.
- Add chicken livers; cook 2 minutes or until livers lose their pink color.
- Add port, and cook 3 minutes or until most of liquid evaporates. Cool.
- Place chicken liver mixture, salt, and next 5 ingredients (salt through allspice) in a food processor or blender; process until smooth, scraping sides of bowl occasionally.
- Add the sour cream, chicken breast, and cream cheese; process until smooth, scraping sides of bowl occasionally.
- Spread chicken mixture into an 8 x 4-inch loaf pan coated with cooking spray.
- Bake at 325 for 1 hour or until a thermometer registers 17
- Cool; cover and chill 8 hours.

Serve at room temperature.

Nutrition Facts

PROTEIN 63.12% **FAT 23.43%** **CARBS 13.45%**

Properties

Glycemic Index:19.4, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:12.374347736006%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.42mg, Malvidin: 0.42mg, Malvidin: 0.42mg, Malvidin: 0.42mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 102.19kcal (5.11%), Fat: 2.53g (3.89%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.63g (1.81%), Cholesterol: 71.29mg (23.76%), Sodium: 342.54mg (14.89%), Alcohol: 0.32g (100%), Alcohol %: 0.43% (100%), Protein: 15.32g (30.63%), Vitamin B12: 2.19µg (36.53%), Selenium: 22µg (31.43%), Vitamin B3: 5.92mg (29.59%), Vitamin A: 1306.62IU (26.13%), Phosphorus: 253.05mg (25.3%), Vitamin B6: 0.47mg (23.4%), Folate: 78.34µg (19.58%), Vitamin B2: 0.31mg (18.41%), Vitamin B5: 1.56mg (15.6%), Calcium: 91.19mg (9.12%), Potassium: 281.86mg (8.05%), Iron: 1.34mg (7.43%), Zinc: 0.94mg (6.3%), Vitamin B1: 0.08mg (5.26%), Magnesium: 21.03mg (5.26%), Manganese: 0.1mg (5.19%), Copper: 0.09mg (4.26%), Vitamin C: 3.46mg (4.2%), Vitamin E: 0.2mg (1.31%), Fiber: 0.29g (1.16%)