



WHATSheATE



Country Pâté with Mango and Pineapple Chutney

 Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings crusty baguette
- ☐ 1.5 pounds country ham store-bought
- ☐ 1 cup mangos () (from 1 mango)
- ☐ 0.5 cup pineapple fresh () (1/4 pound)
- ☐ 0.3 teaspoon pepper hot
- ☐ 0.5 cup red-wine vinegar
- ☐ 0.5 teaspoon star anise

- ☐ 0.3 cup sugar
- ☐ 1 tablespoon water

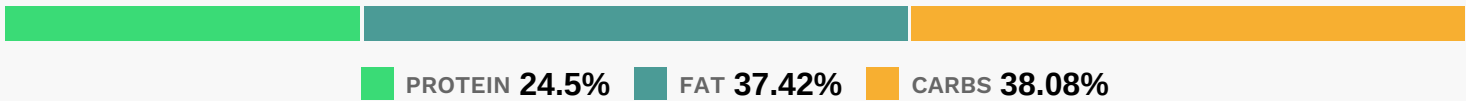
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pastry brush

Directions

- ☐ Bring sugar and water to a boil with star anise in a small heavy saucepan over medium heat, stirring until sugar has dissolved, then wash down any sugar crystals from side of pan with a pastry brush dipped in cold water. Boil, without stirring, swirling pan occasionally so caramel colors evenly, until pale golden. Carefully add vinegar, red-pepper flakes, and 1/8 teaspoon salt (caramel will spatter and harden). Continue to cook until sugar has dissolved.
- ☐ Remove from heat and cool 10 minutes.
- ☐ Pour syrup over fruit in a bowl and gently stir. Chill at least 4 hours.
- ☐ Bring chutney to room temperature before serving with pâté
- ☐ Chutney can be made 2 days ahead.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:31.74, Inflammation Score:-6, Nutrition Score:19.713913150456%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 512.89kcal (25.64%), Fat: 21g (32.31%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 46.01g (16.73%), Sugar: 19.22g (21.35%), Cholesterol: 70.31mg (23.44%), Sodium: 1745.23mg (75.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.85%), Vitamin B1: 1.07mg (71.61%), Selenium: 37.03µg (52.9%), Vitamin B3: 8.24mg (41.2%), Phosphorus: 312.1mg (31.21%), Vitamin B2: 0.47mg (27.94%), Vitamin B6: 0.55mg (27.5%), Manganese: 0.48mg (23.91%), Folate: 86.25µg (21.56%), Zinc: 3.21mg (21.4%), Vitamin C: 16.77mg (20.33%), Iron: 3.54mg (19.68%), Potassium: 480.48mg (13.73%), Vitamin B12: 0.73µg (12.1%), Copper: 0.22mg (11.25%), Magnesium: 44.24mg (11.06%), Vitamin B5: 0.85mg (8.48%), Calcium: 84.3mg (8.43%), Fiber: 2.07g (8.27%), Vitamin A: 331.53IU (6.63%), Vitamin E: 0.88mg (5.84%), Vitamin D: 0.79µg (5.29%), Vitamin K: 3.26µg (3.1%)