



Curried Chicken Pâte

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter softened
- 2 cups chicken breast cooked chopped
- 0.5 teaspoon curry powder
- 0.5 apples i use 2 granny smith apples peeled quartered
- 1 teaspoon juice of lemon
- 3 servings mango chutney hot
- 1 sprig garnishes: parsley pimiento italian chopped
- 0.5 teaspoon salt

1 large shallots quartered

Equipment

food processor

Directions

Process first 3 ingredients in a food processor until smooth, stopping to scrape down sides.

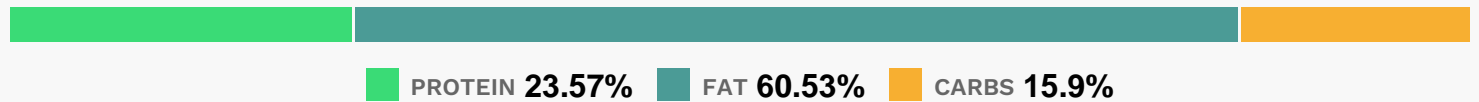
Add butter and next 3 ingredients; process until smooth.

Spoon mixture into a lightly greased 6- x 3-inch loafpan. Cover and chill 8 hours.

Serve with hot mango chutney and beaten biscuits or crackers.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:51.33, Glycemic Load:8.91, Inflammation Score:-8, Nutrition Score:12.623912857926%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 504.96kcal (25.25%), Fat: 33.91g (52.18%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.7g (6.8%), Sugar: 13.56g (15.07%), Cholesterol: 79.33mg (26.44%), Sodium: 821.5mg (35.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Vitamin B3: 12.88mg (64.38%),

Selenium: 26.32µg (37.6%), Vitamin B6: 0.61mg (30.67%), Vitamin A: 1421.08IU (28.42%), Phosphorus: 235.13mg (23.51%), Vitamin E: 1.59mg (10.57%), Vitamin B5: 0.98mg (9.83%), Potassium: 339.3mg (9.69%), Vitamin B2: 0.15mg (8.63%), Magnesium: 33.39mg (8.35%), Iron: 1.33mg (7.38%), Zinc: 1.01mg (6.73%), Vitamin K: 6.81µg (6.49%), Vitamin C: 5.02mg (6.09%), Vitamin B12: 0.36µg (5.92%), Vitamin B1: 0.08mg (5.6%), Fiber: 1.34g (5.37%), Copper: 0.09mg (4.25%), Manganese: 0.07mg (3.74%), Calcium: 36.65mg (3.66%), Folate: 11.41µg (2.85%)