



Fiery Turkey-Pâté Crostini

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 inch bread baguette french (1 loaf)
- ☐ 0.8 teaspoon cajun spice
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 inch crystallized ginger or
- ☐ 2 garlic cloves
- ☐ 0.7 cup green onions coarsely chopped
- ☐ 2 tablespoons mayonnaise light
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 10 ounces turkey cooked chopped
- ☐ 0.5 cup water chestnuts coarsely chopped
- ☐ 2 tablespoons citrus champagne vinegar

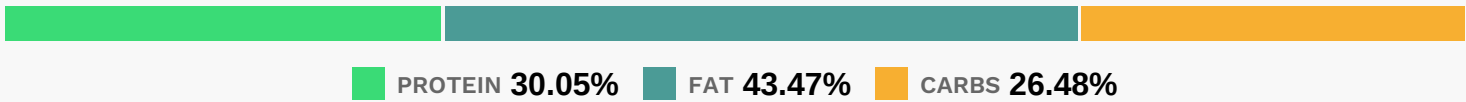
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onions, garlic, and pepper; saut 1 minute.
- ☐ Place onion mixture, turkey, and next 6 ingredients (turkey through soy sauce) in a food processor; process until well-blended, scraping sides of processor bowl occasionally. Spoon pt into a bowl; cover and chill at least 8 hours.
- ☐ Spread 1 tablespoon pt evenly over each bread slice.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.2313043332618%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 21.01kcal (1.05%), Fat: 1.02g (1.57%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.29g (0.32%), Cholesterol: 4.67mg (1.56%), Sodium: 37.27mg (1.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin K: 5.12µg (4.87%), Vitamin B3: 0.56mg (2.78%), Vitamin B6: 0.05mg (2.64%), Selenium: 1.63µg (2.33%), Phosphorus: 15.52mg (1.55%), Vitamin B12: 0.08µg

(1.28%), Vitamin B2: 0.02mg (1.15%), Iron: 0.19mg (1.05%), Vitamin A: 52.64IU (1.05%), Zinc: 0.16mg (1.05%)