



## Chicken Terrine

 **Gluten Free**  **Dairy Free**

READY IN



**355 min.**

SERVINGS



**16**

CALORIES



**61 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup parsley fresh chopped
- 1.5 pounds chicken breast halves boneless skinless
- 2 tablespoons shallots chopped
- 1 tablespoon thyme sprigs dried fresh chopped
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 2 egg whites
- 0.5 cup bell pepper red chopped

## Equipment

- food processor
- frying pan
- oven
- loaf pan
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 350°F. Line loaf pan, 8 1/2x4 1/2 inches, with aluminum foil.
- Sprinkle parsley in bottom of pan.
- Remove fat from chicken.
- Cut chicken into 1-inch pieces.
- Place chicken in food processor. Cover and process until coarsely ground.
- Add remaining ingredients except bell pepper. Cover and process until smooth.
- Mix chicken mixture and bell pepper.
- Spread in pan.
- Cover pan tightly with aluminum foil.
- Bake 1 hour; remove foil.
- Bake uncovered 20 to 30 minutes longer or until meat thermometer inserted in center reads 180° F. Cover and let stand 1 hour.
- Refrigerate at least 3 hours but no longer than 48 hours. Invert onto serving platter.
- Remove pan and foil.

## Nutrition Facts

**PROTEIN 64.97%** **FAT 30.38%** **CARBS 4.65%**

## Properties

Glycemic Index:8.69, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:5.8482609844726%

## Flavonoids

Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg, Apigenin: 2.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 60.83kcal (3.04%), Fat: 1.99g (3.06%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.45g (0.17%), Sugar: 0.33g (0.37%), Cholesterol: 27.22mg (9.07%), Sodium: 201.8mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.13%), Vitamin B3: 4.51mg (22.54%), Selenium: 14.38µg (20.54%), Vitamin B6: 0.34mg (16.95%), Vitamin K: 17.26µg (16.44%), Vitamin C: 8.52mg (10.32%), Phosphorus: 92.83mg (9.28%), Vitamin B5: 0.64mg (6.37%), Potassium: 185.34mg (5.3%), Vitamin A: 258.36IU (5.17%), Vitamin B2: 0.07mg (3.89%), Magnesium: 13.46mg (3.37%), Vitamin B1: 0.03mg (2.11%), Zinc: 0.28mg (1.88%), Iron: 0.33mg (1.84%), Vitamin E: 0.23mg (1.54%), Folate: 6.04µg (1.51%), Vitamin B12: 0.09µg (1.47%), Manganese: 0.03mg (1.25%)