



Foie Gras with Date Purée and Pomegranate

 Dairy Free

READY IN



40 min.

SERVINGS



32

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound egg bread loaf – crusts
- ☐ 6.5 ounces foie gras pate chilled
- ☐ 0.5 cup medjool dates packed pitted
- ☐ 1 tablespoon pomegranate molasses
- ☐ 1 pomegranate seeds
- ☐ 0.5 cup water

Equipment

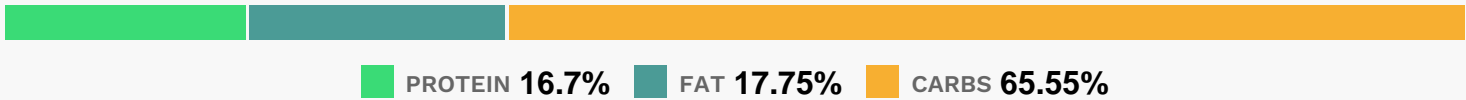
- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ blender
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Soak dates in boiling-hot water (1/2 cup) in a bowl 10 minutes.
- ☐ Transfer dates with a slotted spoon to a mini food processor or a blender along with 1 tablespoon soaking liquid.
- ☐ Add pomegranate molasses and purée until smooth.
- ☐ Preheat broiler.
- ☐ Cut enough 1/4-inch-thick slices from brioche to cut into a total of 32 (1 1/2-inch) squares (without crust).
- ☐ Broil brioche squares on a baking sheet 4 to 5 inches from heat, turning once, until pale golden, about 1 1/2 minutes total. (Watch carefully; brioche toasts quickly.)
- ☐ Dip a sharp paring knife in hot water, then dry it and halve foie gras lengthwise.
- ☐ Cut each half crosswise into 16 slices (32 total), dipping and drying knife after each cut. Put each slice as cut on top of a brioche toast, then top with a small dollop of date purée and a few pomegranate seeds.
- ☐ · Brioche can be cut (but not toasted) 1 day ahead and kept in an airtight container at room temperature.· Date purée can be made 3 days ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:8.3578260826028%

Nutrients (% of daily need)

Calories: 55.98kcal (2.8%), Fat: 1.1g (1.69%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.67g (3.15%), Sugar: 2g (2.22%), Cholesterol: 36.89mg (12.3%), Sodium: 62.13mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin B12: 3.12µg (52.06%), Vitamin A: 1818.35IU (36.37%), Copper: 0.47mg (23.25%), Folate: 57.74µg (14.43%), Iron: 2.21mg (12.28%), Selenium: 8.19µg (11.7%), Vitamin B2: 0.11mg (6.74%), Vitamin B1: 0.1mg (6.37%), Vitamin B3: 1.1mg (5.49%), Vitamin B5: 0.41mg (4.15%), Manganese: 0.08mg (3.89%), Phosphorus: 31.49mg (3.15%), Vitamin B6: 0.06mg (2.93%), Zinc: 0.3mg (2%), Fiber: 0.48g (1.92%), Calcium: 17.24mg (1.72%), Magnesium: 5.36mg (1.34%), Potassium: 45.61mg (1.3%)