



Haitian Chicken Pâté Puffs

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup carrots shredded
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon spring onion chopped

- ☐ 0.5 pound ground chicken
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 scotch bonnet peppers
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.1 teaspoon grating nutmeg whole grated
- ☐ 14 ounce puff pastry frozen thawed (such as Dufour)
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons tomato paste
- ☐ 1 tablespoon water
- ☐ 0.3 cup onion yellow chopped

Equipment

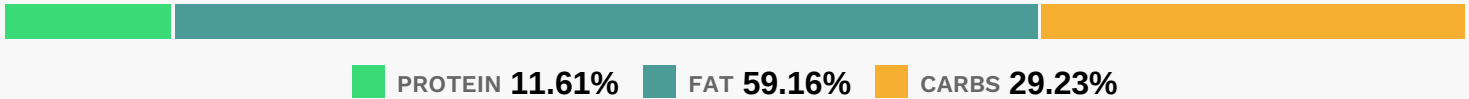
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Cut habanero in half. Seed one half of pepper, and leave seeds in other half. Mince both pepper halves.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add minced habanero, onion, and garlic to pan; saut 3 minutes or until tender, stirring frequently.
- ☐ Add chicken; cook 5 minutes or until browned, stirring to crumble.
- ☐ Add carrot; cook 2 minutes.
- ☐ Add tomato paste; cook 1 minute, stirring constantly.
- ☐ Add lime juice and vinegar, scraping pan to loosen browned bits.
- ☐ Add green onions and next 6 ingredients (through nutmeg); stir well.

- ☐ Remove from heat; cool mixture to room temperature.
- ☐ Place cooled chicken mixture in a food processor; process until almost smooth (mixture will begin to clump).
- ☐ Preheat oven to 40
- ☐ Roll puff pastry into a 15 x 12inch rectangle on a lightly floured surface.
- ☐ Cut puff pastry into 20 (3-inch) squares.
- ☐ Combine egg and water, stirring with a whisk.
- ☐ Brush egg mixture along edges of pastry squares; spoon about 1 scant tablespoon filling in center of each pastry square. Fold each pastry square in half; press edges closed with tines of a fork.
- ☐ Brush top with egg wash; arrange 1 inch apart on a baking sheet.
- ☐ Bake at 400 for 20 minutes or until puffed and golden brown.

Nutrition Facts



Properties

Glycemic Index:25.04, Glycemic Load:5.04, Inflammation Score:-4, Nutrition Score:3.6808695676534%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 132.4kcal (6.62%), Fat: 8.74g (13.45%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 9.25g (3.37%), Sugar: 0.44g (0.49%), Cholesterol: 19.05mg (6.35%), Sodium: 95.13mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Selenium: 6.82µg (9.74%), Vitamin B3: 1.51mg (7.57%), Vitamin K: 7.66µg (7.29%), Manganese: 0.13mg (6.48%), Vitamin B1: 0.1mg (6.42%), Vitamin A: 320.12IU (6.4%), Vitamin B2: 0.1mg (5.83%), Folate: 18.26µg (4.56%), Iron: 0.72mg (4.02%), Phosphorus: 39.9mg (3.99%), Vitamin B6: 0.08mg (3.99%), Potassium: 95.84mg (2.74%), Vitamin C: 1.82mg (2.2%), Zinc: 0.33mg (2.18%), Copper: 0.04mg (1.96%), Fiber: 0.46g (1.86%), Magnesium: 7.21mg (1.8%), Vitamin B5: 0.18mg (1.75%), Vitamin B12: 0.09µg

(1.43%), Vitamin E: 0.21mg (1.4%)