



## Mock Pate de Foie Gras

 Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounce cream cheese softened
- 1 tablespoon juice of lemon fresh
- 8 ounces braunschweiger liver sausage
- 2 tablespoons onion minced
- 1.5 cups pecan halves
- 1.5 tablespoons worcestershire sauce

### Equipment

- bowl

- baking sheet
- oven
- plastic wrap
- pie form

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place pecans on a medium baking sheet.
- Bake in the preheated oven 5 minutes, or until toasted.
- In a medium bowl, mix together cream cheese, braunschweiger liver sausage, onion, Worcestershire sauce and lemon juice. Form the mixture into a ball.
- Place toasted pecans in a pie pan.
- Place cream cheese mixture ball into the pie pan, and roll to coat with pecans. Cover with plastic wrap. Chill in the refrigerator until serving.

## Nutrition Facts

**PROTEIN 8.96%** **FAT 84.15%** **CARBS 6.89%**

## Properties

Glycemic Index:9.2, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:14.408260853394%

## Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 259.02kcal (12.95%), Fat: 24.96g (38.4%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.82g (2.02%), Cholesterol: 58.74mg (19.58%), Sodium: 299.5mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin A: 6589.82IU (131.8%), Vitamin B12: 3.1µg (51.71%), Manganese: 0.71mg (35.43%), Selenium: 15.69µg (22.42%), Vitamin B2: 0.31mg (18.19%), Copper: 0.24mg (12.14%), Phosphorus: 119.79mg (11.98%), Vitamin B1: 0.17mg (11.2%), Iron: 1.99mg (11.07%), Vitamin B5: 0.93mg (9.31%), Zinc: 1.32mg (8.78%), Vitamin B3: 1.19mg (5.96%), Fiber: 1.46g (5.86%), Magnesium: 23.35mg (5.84%), Vitamin B6: 0.09mg (4.5%), Potassium: 154.24mg (4.41%), Calcium: 41.57mg (4.16%), Folate: 13µg (3.25%), Vitamin E: 0.41mg (2.72%), Vitamin C: 1.22mg (1.48%)