



Mushroom Pâté

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 12 servings baguettes toasted sliced (if desired)
- ☐ 0.1 lb butter
- ☐ 1.5 teaspoons curry powder
- ☐ 2 teaspoons garlic chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 12 servings salt and fresh-ground pepper
- ☐ 1 pound common mushrooms fresh
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 tablespoon parsley minced
- ☐ 1 cup roasted pistachios unsalted salted (see notes)
- ☐ 0.5 cup shallots chopped
- ☐ 1 ounces shiitake dried (optional; see notes)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ If using dried mushrooms, place in a bowl and cover with 2 cups hot water.
- ☐ Let stand until soft, 15 to 30 minutes. Squeeze mushrooms under water to release any grit, then lift out and rinse thoroughly under running water, gently rubbing to release any remaining grit; discard soaking water. If using shiitakes, trim off and discard tough stems; coarsely chop mushrooms.
- ☐ Meanwhile, rinse fresh mushrooms. If using shiitakes, trim off and discard tough stems. Coarsely chop mushrooms.
- ☐ In a 5- to 6-quart pan over high heat, melt butter.
- ☐ Add fresh and soaked dried mushrooms, shallots, garlic, curry powder, and cumin; stir often until all liquid is evaporated and mixture is lightly browned, 6 to 8 minutes.
- ☐ In a food processor, whirl nuts until finely ground.
- ☐ Add oil and whirl until mixture forms a paste.
- ☐ Add mushroom mixture and whirl until smooth.
- ☐ Add salt and pepper to taste. Mound in a bowl.
- ☐ Sprinkle with parsley.
- ☐ Serve pt with baguette slices or crackers.

Nutrition Facts



Properties

Glycemic Index:25.48, Glycemic Load:22.2, Inflammation Score:-5, Nutrition Score:12.798695623875%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 296.08kcal (14.8%), Fat: 12.77g (19.65%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 33.76g (12.28%), Sugar: 5.39g (5.99%), Cholesterol: 10.16mg (3.39%), Sodium: 623.67mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.49%), Vitamin B1: 0.5mg (33.41%), Manganese: 0.49mg (24.74%), Vitamin B3: 4.54mg (22.69%), Vitamin B2: 0.38mg (22.61%), Selenium: 15.66µg (22.37%), Folate: 84.85µg (21.21%), Copper: 0.35mg (17.39%), Iron: 3.1mg (17.23%), Vitamin B6: 0.33mg (16.55%), Phosphorus: 155.47mg (15.55%), Fiber: 3.27g (13.06%), Potassium: 355.13mg (10.15%), Vitamin B5: 0.93mg (9.35%), Magnesium: 36.32mg (9.08%), Vitamin K: 9.46µg (9.01%), Calcium: 87.4mg (8.74%), Zinc: 1.02mg (6.8%), Vitamin E: 0.94mg (6.24%), Vitamin A: 192.66IU (3.85%), Vitamin C: 2.79mg (3.38%)