



Mushroom Pâté Filling

 **Gluten Free**

 **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

134 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 pounds mushrooms fresh finely chopped
- ☐ 8 green onions finely chopped
- ☐ 11 ounce liver pate french canned
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

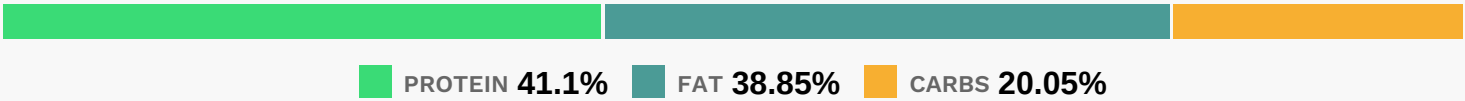
Equipment

- ☐ frying pan

Directions

- ☐ Saut mushrooms and green onion in butter in a medium skillet until tender. Stir in remaining ingredients, mixing well.
- ☐ Remove from heat; let cool completely.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:35.116521628007%

Flavonoids

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 134.2kcal (6.71%), Fat: 6.06g (9.33%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.45g (1.98%), Sugar: 2.62g (2.91%), Cholesterol: 142.93mg (47.64%), Sodium: 475.71mg (20.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin B12: 30.87µg (514.51%), Copper: 5.45mg (272.32%), Vitamin A: 9109.95IU (182.2%), Vitamin B2: 1.9mg (111.92%), Vitamin B3: 11.03mg (55.14%), Vitamin B5: 5.44mg (54.44%), Folate: 180.32µg (45.08%), Selenium: 31.28µg (44.69%), Vitamin B6: 0.69mg (34.57%), Vitamin K: 35µg (33.34%), Phosphorus: 305.92mg (30.59%), Iron: 3.37mg (18.72%), Zinc: 2.73mg (18.23%), Potassium: 571.7mg (16.33%), Vitamin B1: 0.2mg (13.3%), Manganese: 0.26mg (13.11%), Vitamin C: 6.07mg (7.36%), Fiber: 1.59g (6.37%), Magnesium: 23.2mg (5.8%), Vitamin D: 0.85µg (5.67%), Vitamin E: 0.44mg (2.95%), Calcium: 19.9mg (1.99%)