



## Pate

 **Gluten Free**

READY IN



**75 min.**

SERVINGS



**8**

CALORIES



**193 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 2 teaspoons juice of lemon
- ☐ 8 ounces braunschweiger liver sausage
- ☐ 1 tablespoon onion minced
- ☐ 8 servings salt and pepper to taste
- ☐ 1 teaspoon worcestershire sauce

## Equipment

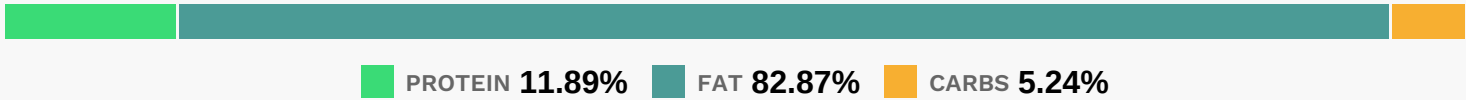
- ☐ bowl

plastic wrap

## Directions

In a medium bowl, mix braunschweiger liver sausage, cream cheese, onion, lemon juice, Worcestershire sauce, salt and pepper. Form into a ball shape. Wrap with plastic wrap. Chill in the refrigerator at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:12.343478248495%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 193kcal (9.65%), Fat: 17.84g (27.44%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.23g (1.36%), Cholesterol: 73.43mg (24.48%), Sodium: 536.43mg (23.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin A: 8224.89IU (164.5%), Vitamin B12: 3.88µg (64.64%), Selenium: 18.89µg (26.99%), Vitamin B2: 0.36mg (21.1%), Iron: 1.89mg (10.5%), Vitamin B5: 1mg (10.01%), Phosphorus: 96.45mg (9.65%), Vitamin B3: 1.25mg (6.26%), Vitamin B1: 0.09mg (5.67%), Zinc: 0.8mg (5.32%), Copper: 0.08mg (3.77%), Calcium: 36.15mg (3.62%), Vitamin B6: 0.07mg (3.59%), Folate: 11.6µg (2.9%), Potassium: 94.77mg (2.71%), Manganese: 0.05mg (2.47%), Vitamin E: 0.25mg (1.64%), Magnesium: 6.26mg (1.56%)