

Pâté (Pate) Maison



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



542 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb chicken livers
- ☐ 1 lb fatty pork lean
- ☐ 1 lb mild sausage meat italian
- ☐ 1 Tbsp chives chopped
- ☐ 1 Tbsp parsley chopped
- ☐ 1 Tbsp coarsely ground pepper fresh
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon cinnamon

- ☐ 1 teaspoon salt
- ☐ 2 Tbsp brandy
- ☐ 2 Tbsp cooking sherry dry
- ☐ 10 slices bacon uncooked ()

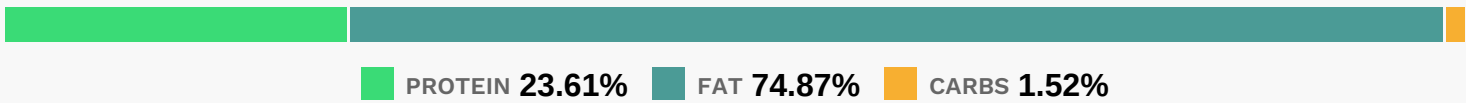
Equipment

- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil
- ☐ meat grinder

Directions

- ☐ Grind the meat: Grind the chicken livers, pork, and Italian sausage through a meat grinder twice.
- ☐ Add remaining ingredients (except the bacon) and mix well.
- ☐ Line a loaf pan with bacon, fill with meat mixture: Line an 9x5x3 inch loaf pan with bacon strips and pack in the mixture. Cover with bacon strips.
- ☐ Place pan in a water bath, a larger pan that is filled halfway up the sides of the inner pan with water.
- ☐ Bake at 350°F for 2 1/2 hours.
- ☐ Remove from the oven. Cover with aluminum foil.
- ☐ Place a weight such as a heavy brick on top while cooling. Best to cool overnight in the refrigerator.
- ☐ Serve: Slice and serve with bread or toast, lettuce and or tomatoes.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:37.412608934485%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 542.2kcal (27.11%), Fat: 43.47g (66.87%), Saturated Fat: 15.41g (96.31%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.07g (0.08%), Cholesterol: 297.68mg (99.23%), Sodium: 960.02mg (41.74%), Alcohol: 1.64g (100%), Alcohol %: 1% (100%), Protein: 30.84g (61.68%), Vitamin B12: 10.45µg (174.18%), Vitamin A: 6347.26IU (126.95%), Selenium: 64.61µg (92.31%), Folate: 342.15µg (85.54%), Vitamin B2: 1.26mg (74.25%), Vitamin B1: 0.99mg (65.87%), Vitamin B3: 10.96mg (54.81%), Vitamin B6: 0.95mg (47.5%), Vitamin B5: 4.37mg (43.7%), Phosphorus: 390.59mg (39.06%), Iron: 6.54mg (36.34%), Zinc: 4.13mg (27.54%), Copper: 0.37mg (18.74%), Manganese: 0.35mg (17.65%), Vitamin C: 12.46mg (15.1%), Potassium: 510.69mg (14.59%), Vitamin K: 10.63µg (10.12%), Magnesium: 35.18mg (8.79%), Vitamin E: 0.53mg (3.56%), Calcium: 30.49mg (3.05%), Fiber: 0.31g (1.24%)