



Pesto Chicken Pâté

 Dairy Free

READY IN



135 min.

SERVINGS



16

CALORIES



82 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 serving basil fresh
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 0.5 cup basil pesto
- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup bell pepper red
- ☐ 1 serving round buttery crackers

Equipment

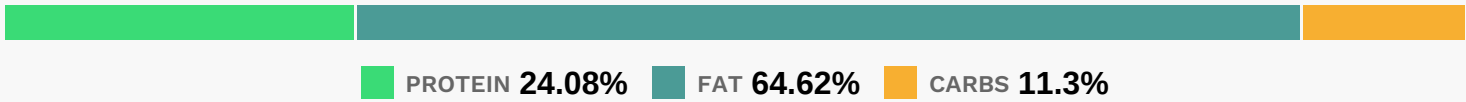
- ☐ food processor

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Line 2-cup bowl or mold with plastic wrap. Arrange basil leaves in bowl on plastic wrap.
- ☐ Place chicken, pesto and mayonnaise in food processor. Cover and process until smooth.
- ☐ Spoon pesto mixture into bowl, pressing firmly.Cover and refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Turn bowl upside down onto serving plate; remove bowl and plastic wrap.
- ☐ Garnish with bell pepper strips.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.3295651907506%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.4kcal (4.12%), Fat: 5.82g (8.95%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.22g (1.36%), Cholesterol: 13.74mg (4.58%), Sodium: 167.43mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin B3: 1.46mg (7.31%), Selenium: 4.5µg (6.43%), Vitamin K: 5.25µg (5%), Vitamin A: 245.55IU (4.91%), Vitamin B6: 0.08mg (4.2%), Phosphorus: 38.11mg (3.81%), Vitamin C: 3.03mg (3.67%), Zinc: 0.28mg (1.89%), Iron: 0.33mg (1.86%), Vitamin B5: 0.18mg (1.81%), Vitamin B2: 0.03mg (1.79%), Calcium: 17.46mg (1.75%), Vitamin E: 0.23mg (1.56%), Potassium: 52.71mg (1.51%), Vitamin B1: 0.02mg (1.2%), Magnesium: 4.59mg (1.15%)