



Ploughman's Pate

 Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoon butter soft
- 0.5 cup cheese mixed red good grated (sharp cheddar, Wensleydale, Gloucester and Leicester are all ones)
- 0.3 cup cheese soft (such as brie or camembert)
- 1 tablespoon jam
- 1 tablespoon pearl onions finely chopped (6)

Equipment

- bowl

plastic wrap

spatula

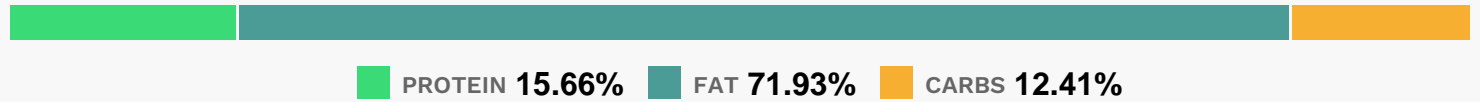
Directions

In a bowl combine grated cheese, soft cheese, marmalade, butter, and pearl onions.

Mix with a rubber spatula until all the ingredients are evenly incorporated. Spoon mixture onto a long piece of plastic wrap, then gently form into a tube so that the mixture is fully enclosed in the plastic wrap.

Let the mixture sit in the fridge for at least 30 minutes and up to a few days. Slice the ploughman pâté and serve with toast and some lightly dressed watercress.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:2.71, Inflammation Score:-3, Nutrition Score:3.7295651856972%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 183.29kcal (9.16%), Fat: 14.75g (22.7%), Saturated Fat: 8.89g (55.59%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.57g (2.03%), Sugar: 3.57g (3.96%), Cholesterol: 41.21mg (13.74%), Sodium: 252.83mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.45%), Calcium: 183.51mg (18.35%), Phosphorus: 144.43mg (14.44%), Selenium: 7.18µg (10.25%), Vitamin A: 444.82IU (8.9%), Vitamin B2: 0.12mg (6.88%), Zinc: 0.91mg (6.08%), Vitamin B12: 0.27µg (4.49%), Vitamin E: 0.37mg (2.49%), Magnesium: 7.79mg (1.95%), Folate: 7.11µg (1.78%), Vitamin B6: 0.03mg (1.27%), Vitamin B5: 0.12mg (1.16%), Vitamin C: 0.95mg (1.15%), Vitamin K: 1.19µg (1.13%), Potassium: 36.33mg (1.04%)