

Quick Liver Pâté



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup cherries dried
- ☐ 2 tablespoons cognac
- ☐ 0.3 cup whipped cream
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 8 ounces braunschweiger liverwurst

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 2 slices bacon thick-cut

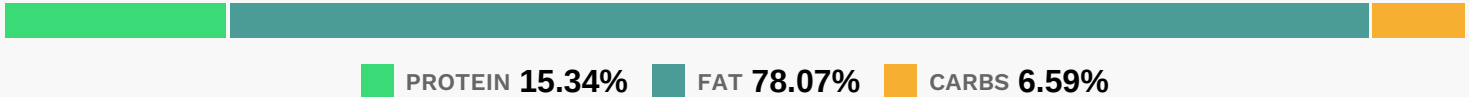
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Place cherries in a small saucepan with just enough water to cover; bring to a simmer over medium heat. Cook 3 minutes or until soft.
- ☐ Drain cherries; cool slightly, and finely chop.
- ☐ Cook bacon in a small skillet over medium heat until crisp; remove bacon from pan, reserving 1 tablespoon drippings in pan. Finely chop bacon.
- ☐ Add shallots, thyme, salt, pepper, garlic, and bay leaf to drippings in pan; cook 2 minutes or until softened, stirring occasionally.
- ☐ Remove pan from heat.
- ☐ Add cognac, scraping pan to loosen browned bits.
- ☐ Remove and reserve bay leaf.
- ☐ Place shallot mixture, cream cheese, and liverwurst in a food processor; process until smooth.
- ☐ Place in a small bowl; stir in bacon and cherries.
- ☐ Place bay leaf on top of pt. Cover surface of pt with plastic wrap; chill at least 8 hours.
- ☐ Sprinkle with pistachios before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:9.5804347680963%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 99.25kcal (4.96%), Fat: 8.06g (12.4%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.6g (0.67%), Cholesterol: 34.77mg (11.59%), Sodium: 251.09mg (10.92%), Alcohol: 0.83g (100%), Alcohol %: 3.13% (100%), Protein: 3.56g (7.12%), Vitamin A: 5250.23IU (105%), Vitamin B12: 2.58µg (42.96%), Selenium: 12.24µg (17.49%), Vitamin B2: 0.2mg (11.93%), Iron: 1.31mg (7.25%), Vitamin B5: 0.61mg (6.08%), Phosphorus: 55.53mg (5.55%), Vitamin B3: 1.07mg (5.34%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.53mg (3.51%), Vitamin B6: 0.06mg (3.17%), Copper: 0.05mg (2.69%), Manganese: 0.05mg (2.39%), Potassium: 60.19mg (1.72%), Folate: 6.49µg (1.62%), Magnesium: 4.17mg (1.04%)