



Quick Liver Pâté

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



113 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 0.1 teaspoon pepper black
- 0.3 cup cherries dried
- 2 tablespoons cognac
- 0.3 cup cream cheese
- 1 teaspoon thyme leaves fresh finely chopped
- 1 garlic 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

  

 PROTEIN **14.33%**  FAT **79.53%**  CARBS **6.14%**

Properties

Glycemic Index:19.08, Glycemic Load:0.38, Inflammation Score:0, Nutrition Score:9.7173913671919%

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: 112.59kcal (5.63%), Fat: 9.41g (14.47%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.68g (0.76%), Cholesterol: 38.6mg (12.87%), Sodium: 265.84mg (11.56%), Alcohol: 0.83g (100%), Alcohol %: 2.84% (100%), Protein: 3.81g (7.63%), Vitamin A: 5305.19IU (106.1%), Vitamin B12: 2.58µg (43.07%), Selenium: 12.63µg (18.04%), Vitamin B2: 0.21mg (12.52%), Iron: 1.31mg (7.28%), Vitamin B5: 0.63mg (6.31%), Phosphorus: 59.47mg (5.95%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.07mg (4.77%), Zinc: 0.55mg (3.64%), Vitamin B6: 0.07mg (3.28%), Copper: 0.05mg (2.72%), Manganese: 0.05mg (2.42%), Potassium: 64.6mg (1.85%), Folate: 6.88µg (1.72%), Calcium: 12.11mg (1.21%), Magnesium: 4.46mg (1.11%)