



Quick No-Cook Paté

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 8 servings crusty baguette sliced
- ☐ 0.5 cup parsley fresh
- ☐ 0.3 teaspoon nutmeg
- ☐ 8 ounces braunschweiger liverwurst
- ☐ 5 teaspoons port wine

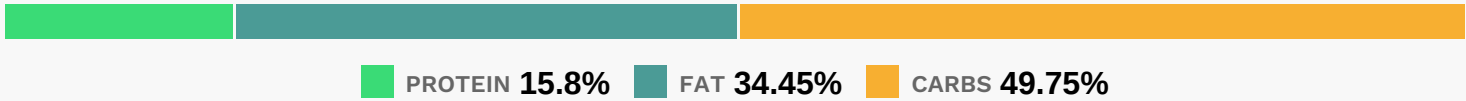
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In the bowl of a food processor, combine the liverwurst, port, parsley, and nutmeg. Puree until smooth and creamy.
- ☐ Serve with a baguette or crackers.

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:20.993478396664%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 2.92mg, Malvidin: 2.92mg, Malvidin: 2.92mg, Malvidin: 2.92mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 264.79kcal (13.24%), Fat: 9.88g (15.2%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 30.62g (11.13%), Sugar: 3.29g (3.66%), Cholesterol: 44.79mg (14.93%), Sodium: 641.71mg (27.9%), Alcohol: 0.47g (100%), Alcohol %: 0.6% (100%), Protein: 10.19g (20.38%), Vitamin A: 8159.43IU (163.19%), Vitamin B12: 3.82µg (63.6%), Vitamin K: 63.42µg (60.4%), Selenium: 27.47µg (39.24%), Vitamin B1: 0.45mg (30.24%), Vitamin B2: 0.5mg (29.51%), Iron: 4.26mg (23.69%), Vitamin B3: 4.18mg (20.91%), Folate: 82.73µg (20.68%), Manganese: 0.35mg (17.62%), Phosphorus: 128.59mg (12.86%), Vitamin B5: 1.09mg (10.94%), Calcium: 80.11mg (8.01%), Zinc: 1.2mg (8.01%), Copper: 0.15mg (7.65%), Vitamin B6: 0.12mg (6.19%), Vitamin C: 4.99mg (6.05%), Fiber: 1.48g (5.92%), Magnesium: 22.31mg (5.58%), Potassium: 151.38mg (4.33%), Vitamin E: 0.21mg (1.42%)