



WHATSheATE



Safta's Mock Liver (Green Bean and Pea Pâté)



Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs
- ☐ 1 small garlic clove peeled
- ☐ 0.5 pound green beans ends trimmed cut into 2-in. pieces
- ☐ 0.8 tsp kosher salt
- ☐ 12 servings matzo crackers
- ☐ 1.5 tablespoons olive oil
- ☐ 2 large onions thinly sliced cut in half lengthwise and
- ☐ 1 cup peas fresh frozen english shelled

- ☐ 0.5 tsp pepper
- ☐ 0.5 cup walnuts

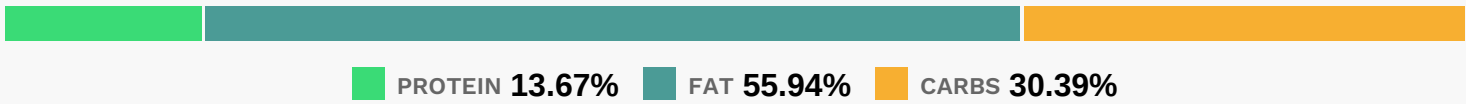
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Cook onions with oil in a medium saucepan over medium-low heat, stirring occasionally, until deep golden, 45 to 60 minutes.
- ☐ Let cool completely.
- ☐ Meanwhile, hard-cook eggs in another saucepan for 10 minutes and continue with rest of recipe.
- ☐ Drain eggs, rinse under cool water, peel, and quarter.
- ☐ Fill a third saucepan two-thirds full with water and bring to a boil over high heat.
- ☐ Add green beans and fresh peas, if using, and cook until barely tender, about 3 minutes; if using frozen peas, add during the last minute.
- ☐ Drain vegetables and rinse under cold water until cool.
- ☐ Whirl nuts in a food processor until ground.
- ☐ Add eggs, green beans, peas, and garlic and pulse until mixture is smooth.
- ☐ Add onions (including any oil and juices from cooking), 3/4 tsp. salt, and 1/2 tsp. pepper and pulse just until onions are chopped. Season to taste with more salt and pepper if you like.
- ☐ Serve at room temperature, with matzo crackers.

Nutrition Facts



Properties

Glycemic Index:16.61, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:5.4447825836099%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 89.01kcal (4.45%), Fat: 5.8g (8.93%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.53g (2.81%), Cholesterol: 31mg (10.33%), Sodium: 160.07mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Manganese: 0.31mg (15.65%), Vitamin K: 14.65µg (13.95%), Vitamin C: 9.13mg (11.07%), Fiber: 2.01g (8.03%), Folate: 27.73µg (6.93%), Copper: 0.13mg (6.51%), Phosphorus: 62.25mg (6.23%), Vitamin B6: 0.12mg (6.1%), Vitamin B1: 0.08mg (5.57%), Vitamin A: 269.8IU (5.4%), Vitamin B2: 0.09mg (5.36%), Selenium: 3.66µg (5.23%), Magnesium: 20.37mg (5.09%), Iron: 0.76mg (4.21%), Potassium: 142.12mg (4.06%), Zinc: 0.51mg (3.38%), Calcium: 26.25mg (2.62%), Vitamin B3: 0.52mg (2.61%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.36mg (2.4%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)