



Sardine Pâté Appetizers

READY IN



45 min.

SERVINGS



30

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup carrots shredded finely
- 1 teaspoon dillweed dried
- 0.3 cup green onions finely chopped
- 1 tablespoon juice of lemon
- 0.3 cup nonfat yogurt plain
- 30 pieces melba toast
- 7.5 ounce sardines in water drained canned

Equipment

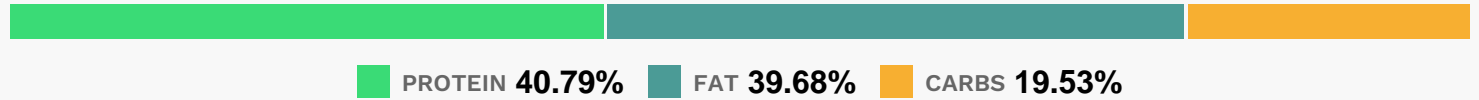
bowl

Directions

Place sardines in a bowl; mash with a fork.

Add the next 5 ingredients, and stir well. Cover and chill for at least 2 hours. To serve, spoon 2 teaspoons pt onto each melba toast; top with about 1/2 teaspoon carrot.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.1078261137009%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 19.86kcal (0.99%), Fat: 0.86g (1.32%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.3g (0.34%), Cholesterol: 10.11mg (3.37%), Sodium: 30.44mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin B12: 0.65µg (10.77%), Selenium: 4.13µg (5.89%), Vitamin A: 255.68IU (5.11%), Phosphorus: 39.99mg (4%), Calcium: 34.02mg (3.4%), Vitamin D: 0.34µg (2.27%), Vitamin B3: 0.43mg (2.16%), Vitamin K: 2.14µg (2.03%), Iron: 0.28mg (1.53%), Vitamin B2: 0.03mg (1.52%), Potassium: 43.12mg (1.23%), Vitamin E: 0.16mg (1.08%)