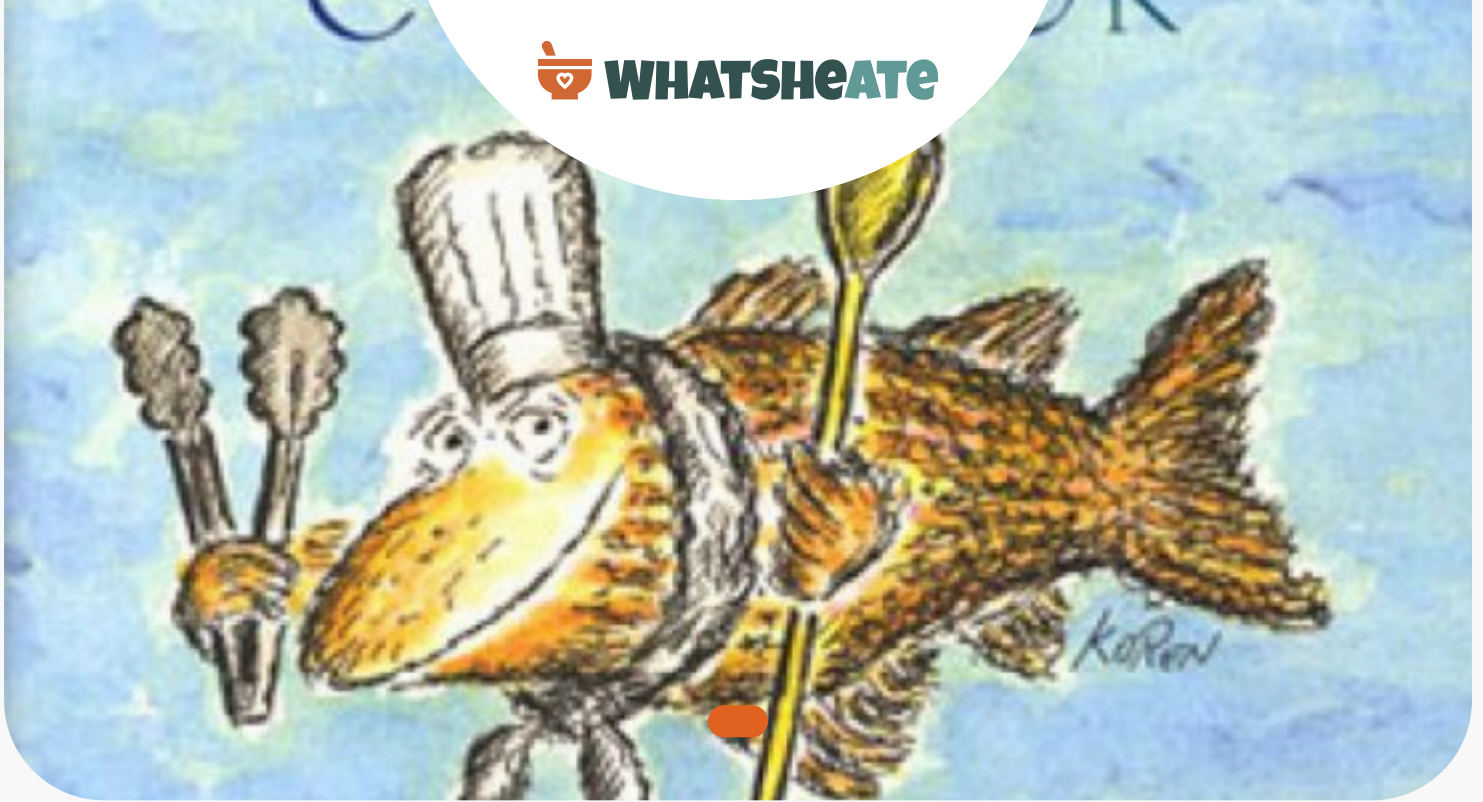




Smoked Bluefish Pate

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bluefish fillets smoked
- ☐ 0.3 cup butter
- ☐ 2 tablespoons cognac
- ☐ 8 ounces cream cheese
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons onion minced
- ☐ 4 servings pepper black
- ☐ 4 servings salt

☐ 0.5 teaspoon worcestershire sauce

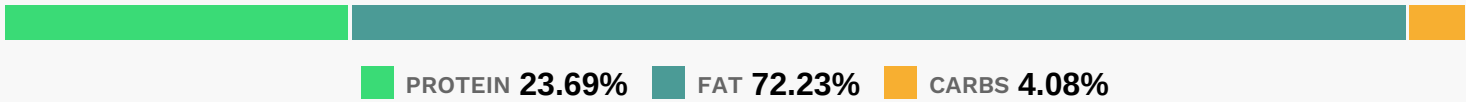
Equipment

☐ food processor

Directions

- ☐ Puree the bluefish, cream cheese, butter, and Cognac in a food processor.
- ☐ Add the onion, Worcestershire sauce, and lemon juice. Pulse the machine on and off until the ingredients are combined. Season with salt and pepper to taste.
- ☐ Pack into a serving dish and sprinkle with the nuts, if using.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From New Legal Sea Foods Cookbook by Roger Berkowitz & Jane Doerfer Copyright (c) 2003 by Roger Berkowitz & Jane Doerfer Published by Broadway Books.Roger Berkowitz, president and CEO of Legal Sea Foods since 1992, started working in his family’s fish market at the age of ten. He frequently offers his expert opinion on the fishing industry on network news segments (CNN, CBS News “Eye on America,” NBC Nightly News), has given culinary advice and demonstrations on the Today Show and Good Morning America, and lectures widely. He and his wife, Lynne, live in Newton, Massachusetts. Jane Doerfer coauthored the previous Legal Sea Foods Cookbook with George Berkowitz. She is the author of several cookbooks, including Going Solo in the Kitchen. Edward Koren is a regular contributor to The New Yorker and has illustrated a number of books, including A Dog’s Life and How to Eat Like a Child. He lives in Vermont.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:16.917391380538%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 463.59kcal (23.18%), Fat: 35.85g (55.15%), Saturated Fat: 19.79g (123.69%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.72g (3.03%), Cholesterol: 154.67mg (51.56%), Sodium: 541.31mg (23.54%), Alcohol: 2.51g (100%), Alcohol %: 1.53% (100%), Protein: 26.45g (52.9%), Vitamin B12: 6.26µg (104.35%), Selenium: 46.46µg (66.37%), Vitamin B3: 6.83mg (34.14%), Phosphorus: 325.17mg (32.52%), Vitamin A: 1569.08IU (31.38%), Vitamin B6: 0.5mg (25.04%), Potassium: 526.28mg (15.04%), Vitamin B2: 0.23mg (13.56%), Vitamin B5: 1.3mg (12.98%), Magnesium: 44.28mg (11.07%), Zinc: 1.24mg (8.25%), Calcium: 69.88mg (6.99%), Vitamin B1: 0.09mg (5.72%), Vitamin E: 0.83mg (5.54%), Vitamin C: 3.56mg (4.31%), Copper: 0.08mg (3.95%), Iron: 0.69mg (3.81%), Manganese: 0.06mg (2.76%), Folate: 10.8µg (2.7%), Vitamin K: 2.38µg (2.27%)