



Smoked-Bluefish Pâté

READY IN



15 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

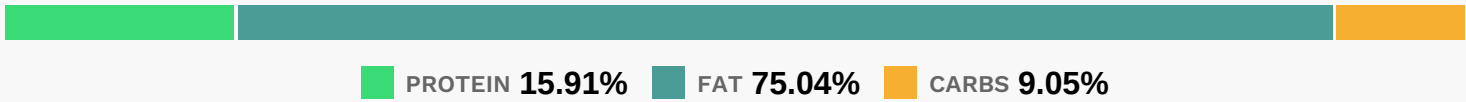
- ☐ 8 ounce cream cheese softened
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons shallots finely chopped
- ☐ 0.3 pound trout smoked chopped
- ☐ 6 servings accompaniment: toasts

Equipment

Directions

- ☐ Stir together shallot, lemon juice, and 1/4 teaspoon salt, then beat in cream cheese, bluefish, and 1/2 teaspoon pepper with a spoon until combined well. Stir in chives.
- ☐ Pâté can be made 5 days ahead and chilled, covered. Bring to room temperature to soften (about 1 hour) before serving.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:4.5456521407418%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 165.38kcal (8.27%), Fat: 13.97g (21.49%), Saturated Fat: 7.88g (49.28%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.56g (1.3%), Sugar: 1.9g (2.12%), Cholesterol: 58.21mg (19.4%), Sodium: 138.17mg (6.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Selenium: 12.15µg (17.36%), Vitamin B12: 0.74µg (12.28%), Vitamin A: 595.11IU (11.9%), Phosphorus: 104.38mg (10.44%), Vitamin B2: 0.13mg (7.6%), Vitamin B6: 0.12mg (6.22%), Potassium: 153.21mg (4.38%), Calcium: 43.74mg (4.37%), Vitamin B5: 0.4mg (4%), Vitamin K: 4.02µg (3.82%), Vitamin C: 3.07mg (3.73%), Magnesium: 12.59mg (3.15%), Vitamin B3: 0.61mg (3.04%), Vitamin E: 0.34mg (2.25%), Zinc: 0.32mg (2.15%), Folate: 8.24µg (2.06%), Vitamin B1: 0.03mg (1.74%), Manganese: 0.02mg (1.18%)