



Smoked Bluefish Pâté

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bluefish fillets smoked
- ☐ 2 tablespoons capers
- ☐ 2.5 tablespoons cognac
- ☐ 16 ounce cream cheese softened
- ☐ 0.5 cup optional: dill fresh minced
- ☐ 3 tablespoons juice of lemon
- ☐ 4 servings garnish: lemon wedges fresh
- ☐ 0.1 teaspoon pepper freshly ground

☐ 1 medium size purple onion minced

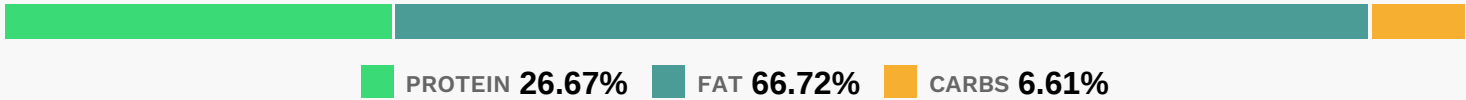
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Remove and discard dark meat from fish fillets. Flake white meat, and set aside.
- ☐ Beat cream cheese at medium speed with electric mixer until fluffy.
- ☐ Add lemon juice, cognac, and pepper; beat until thoroughly blended. Stir in fish, onion, dill, and capers. Pack into 1-quart crock or bowl; cover and chill two hours.
- ☐ Let stand at room temperature 15 to 30 minutes to soften; serve with crackers or crostini.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:25.460434530092%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg, Isorhamnetin: 3.93mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15.78mg, Quercetin: 15.78mg, Quercetin: 15.78mg, Quercetin: 15.78mg

Nutrients (% of daily need)

Calories: 646.84kcal (32.34%), Fat: 46.38g (71.36%), Saturated Fat: 24.49g (153.08%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.55g (3.47%), Sugar: 5.76g (6.39%), Cholesterol: 214.89mg (71.63%), Sodium: 573.81mg (24.95%), Alcohol: 3.13g (100%), Alcohol %: 1.16% (100%), Protein: 41.72g (83.44%), Vitamin B12: 9.42µg (156.96%), Selenium: 72.04µg (102.92%), Vitamin A: 2660.66IU (53.21%), Phosphorus: 521.24mg (52.12%), Vitamin B3: 10.39mg (51.94%), Vitamin B6: 0.8mg (39.92%), Vitamin B2: 0.43mg (25.27%), Potassium: 881.54mg (25.19%), Vitamin B5: 2.13mg (21.31%), Magnesium: 74.5mg (18.63%), Vitamin C: 12.08mg (14.65%), Calcium: 143.26mg

(14.33%), Zinc: 2.07mg (13.79%), Vitamin B1: 0.15mg (9.68%), Manganese: 0.17mg (8.62%), Iron: 1.48mg (8.21%), Folate: 30.94µg (7.73%), Copper: 0.15mg (7.49%), Vitamin E: 1.03mg (6.9%), Vitamin K: 3.58µg (3.41%), Fiber: 0.8g (3.19%)