



Smoked Bluefish Pate II

 **Gluten Free**

READY IN



15 min.

SERVINGS



3

CALORIES



579 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bluefish smoked boneless skinless
- 3 tablespoons butter room temperature
- 2 tablespoons cognac
- 8 ounce cream cheese softened
- 3 servings salt and ground pepper black to taste
- 1 tablespoon juice of lemon
- 1 tablespoon onion finely chopped
- 0.3 teaspoon worcestershire sauce

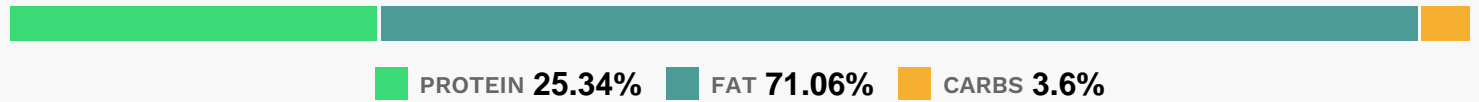
Equipment

- food processor
- bowl

Directions

- Puree the bluefish, cream cheese, butter and cognac in a food processor.
- Mix in the onion, Worcestershire sauce, lemon juice, salt and pepper. Blend well using the pulse setting.
- Transfer the mixture to a medium serving bowl, and chill until serving.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:20.562608962474%

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: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 578.63kcal (28.93%), Fat: 43.79g (67.37%), Saturated Fat: 23.86g (149.09%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.17g (3.52%), Cholesterol: 195.66mg (65.22%), Sodium: 424.92mg (18.47%), Alcohol: 3.34g (100%), Alcohol %: 1.63% (100%), Protein: 35.13g (70.27%), Vitamin B12: 8.34µg (138.99%), Selenium: 61.86µg (88.37%), Vitamin B3: 9.09mg (45.43%), Phosphorus: 429.69mg (42.97%), Vitamin A: 1968.23IU (39.36%), Vitamin B6: 0.66mg (32.86%), Potassium: 681.15mg (19.46%), Vitamin B2: 0.3mg (17.79%), Vitamin B5: 1.71mg (17.1%), Magnesium: 57.85mg (14.46%), Zinc: 1.63mg (10.86%), Calcium: 89.32mg (8.93%), Vitamin B1: 0.11mg (7.3%), Vitamin E: 0.98mg (6.56%), Copper: 0.1mg (5.01%), Iron: 0.86mg (4.79%), Manganese: 0.06mg (2.98%), Folate: 11.94µg (2.98%), Vitamin C: 2.25mg (2.72%), Vitamin K: 2.75µg (2.62%)