



Spiced Moroccan Pâté



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



529 kcal

Ingredients

- ☐ 0.5 tsp cayenne pepper
- ☐ 100 g chickpeas cooked
- ☐ 0.5 tsp chilli powder
- ☐ 2 tsp ground cumin
- ☐ 0.5 juice of lemon
- ☐ 2 tbsp olive oil
- ☐ 1 serving grinding of pepper black good
- ☐ 1 serving grinding of salt good
- ☐ 100 g spicy tofu firm

- ☐ 1 tsp turmeric
- ☐ 1 dash worcestershire sauce –optional (veggie)

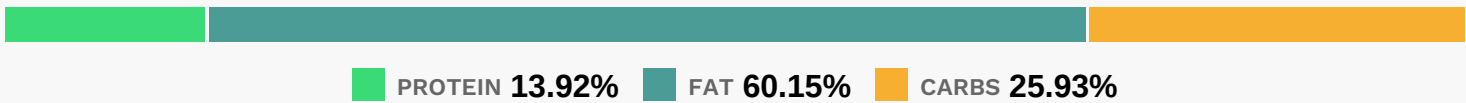
Equipment

- ☐ blender

Directions

- ☐ Blend all the ingredients in a Vitamix or blender. You could mash the ingredients, but you wouldn't get the same smooth finish.
- ☐ Check the seasoning and top with a dash of worcestershire sauce.
- ☐ Serve on oatcakes, in ciabatta, in panini, on a tortilla wrap or with crudités. Oh and it would be good on toast too.
- ☐ The pate will sit happily in the fridge for a few days.

Nutrition Facts



Properties

Glycemic Index:114.75, Glycemic Load:5.54, Inflammation Score:-10, Nutrition Score:19.064347640328%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 529.3kcal (26.46%), Fat: 36.49g (56.13%), Saturated Fat: 4.83g (30.21%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 25.32g (9.21%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 248.49mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19g (37.99%), Manganese: 1.39mg (69.58%), Iron: 8.19mg (45.51%), Folate: 177.69µg (44.42%), Fiber: 10.07g (40.28%), Vitamin E: 5.39mg (35.94%), Vitamin K: 23.69µg (22.56%), Calcium: 223.87mg (22.39%), Copper: 0.42mg (21.13%), Phosphorus: 202.5mg (20.25%), Magnesium: 71.47mg (17.87%), Vitamin A: 854.8IU (17.1%), Potassium: 487.62mg (13.93%), Zinc: 1.91mg (12.73%), Vitamin B6: 0.25mg (12.68%), Vitamin C: 8.81mg (10.68%), Vitamin B1: 0.16mg (10.35%), Selenium: 4.39µg (6.27%), Vitamin B2:

0.11mg (6.23%), Vitamin B3: 1.08mg (5.39%), Vitamin B5: 0.32mg (3.19%)