



Turkey and Dried Fruit Pâté

 Gluten Free

READY IN



140 min.

SERVINGS



32

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup turkey breast smoked diced cooked ()
- 2 tablespoons spring onion sliced
- 0.3 cup cream cheese soft
- 0.3 cup cream sour
- 2 tablespoons honey
- 0.1 teaspoon ground allspice
- 0.5 cup figs dried chopped
- 0.5 cup apricot dried chopped

- 0.3 cup cranberries dried
- 0.3 cup walnut pieces chopped
- 1 sprigs watercress
- 1 slices fruit cocktail

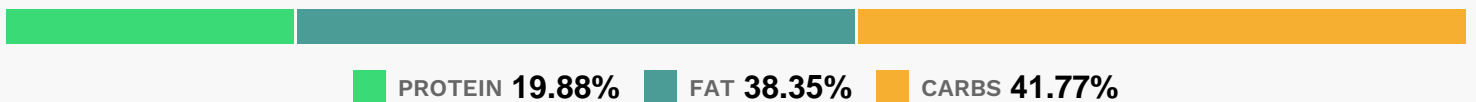
Equipment

- food processor
- bowl
- plastic wrap

Directions

- Place turkey and onions in food processor. Cover and process until coarsely chopped.
- Add cream cheese, sour cream, honey and allspice. Cover and process, using quick on-and-off motions, until mixed.
- Add figs, apricots, cranberries and
- walnuts. Cover and process, using quick on-and-off motions, just until fruit is chopped. (Do not overprocess.)
- Line 2-cup mold or bowl with plastic wrap. Press mixture into bowl. Cover with plastic wrap and refrigerate at least 2 hours but no longer than 24 hours.
- Unmold onto serving plate.
- Garnish with watercress.
- Serve with cocktail bread.

Nutrition Facts



Properties

Glycemic Index:10.24, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:1.4756521590702%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 37.91kcal (1.9%), Fat: 1.71g (2.63%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.81g (1.39%), Sugar: 3.62g (4.02%), Cholesterol: 6.84mg (2.28%), Sodium: 21.81mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin B3: 0.82mg (4.12%), Vitamin B6: 0.07mg (3.6%), Selenium: 2.01µg (2.88%), Phosphorus: 26.16mg (2.62%), Vitamin A: 121.47IU (2.43%), Manganese: 0.05mg (2.31%), Potassium: 61.2mg (1.75%), Fiber: 0.38g (1.53%), Copper: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.39%), Vitamin K: 1.37µg (1.3%), Magnesium: 5.08mg (1.27%), Zinc: 0.16mg (1.05%), Vitamin B5: 0.1mg (1.04%)