



## Turkey and Dried Fruit Pâté

READY IN



140 min.

SERVINGS



32

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 slices bread
- 0.3 cup cream cheese soft
- 0.5 cup apricot dried chopped
- 0.3 cup cranberries dried
- 0.5 cup figs dried chopped
- 2 tablespoons spring onion sliced
- 0.1 teaspoon ground allspice
- 2 tablespoons honey
- 0.3 cup cream sour

- 1 cup turkey breast smoked diced cooked ()
- 0.3 cup walnut pieces chopped
- 1 sprigs watercress

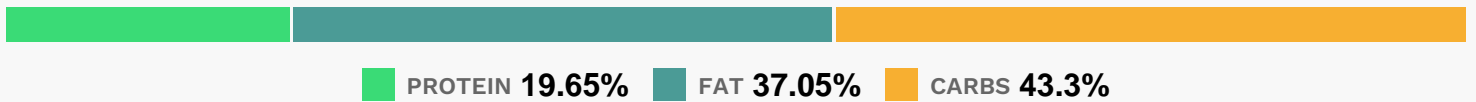
## Equipment

- 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:10.35, Glycemic Load:1.58, Inflammation Score:-1, Nutrition Score:1.5895652260793%

## 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: 40.29kcal (2.01%), Fat: 1.75g (2.69%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.19g (1.52%), Sugar: 3.67g (4.07%), Cholesterol: 6.84mg (2.28%), Sodium: 25.95mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin B3: 0.87mg (4.36%), Vitamin B6: 0.07mg (3.65%), Selenium: 2.27µg (3.24%), Manganese: 0.06mg (2.83%), Phosphorus: 27.29mg (2.73%), Vitamin A: 121.42IU (2.43%), Potassium: 62.4mg (1.78%), Fiber: 0.42g (1.67%), Copper: 0.03mg (1.57%), Vitamin B2: 0.03mg (1.52%), Magnesium: 5.44mg (1.36%), Vitamin K: 1.41µg (1.34%), Zinc: 0.17mg (1.11%), Vitamin B5: 0.11mg (1.11%), Iron: 0.18mg (1.02%)