

# Country-Style Pate' in French Bread

*Easy Summer Entertaining (1991)*

*Kraft General Foods, Inc.*

## **Yield: 4 to 6 servings**

*1 loaf (12-inch) French bread*  
*1 package (8 ounce) braunschweiger liver sausage*  
*1/2 cup Miracle Whip®*  
*1/3 cup pistachio nuts or walnuts, finely chopped*  
*1 tablespoon onion, chopped*  
*1 tablespoon fresh parsley, chopped*  
*1/2 teaspoon dry mustard*

## **Preparation Time: 25 minutes**

Slice off both ends of the bread loaf. Cut the loaf into fourths. Remove the bread from the inside of each fourth, leaving a 1/2-inch shell. Tear the removed bread into small pieces.

In a bowl, mix together the torn bread with the braunschweiger, Miracle Whip, nuts, onion, parsley and mustard until well blended.

Lightly pack about 1/3 cup of the liver sausage mixture into each bread piece.

Wrap securely in plastic wrap. Chill for several hours or overnight.

To serve, cut into 1/2-inch slices.

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Per Serving (excluding unknown items): 1812 Calories; 70g Fat (34.9% calories from fat); 40g Protein; 253g Carbohydrate; 14g Dietary Fiber; 40mg Cholesterol; 3525mg Sodium. Exchanges: 15 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 14 Fat; 1 Other Carbohydrates.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1812	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	34.9%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	56.1%	<b>Thiamin B1 (mg):</b>	2.4mg
<b>% Calories from Protein:</b>	9.0%	<b>Riboflavin B2 (mg):</b>	1.5mg
<b>Total Fat (g):</b>	70g	<b>Folacin (mcg):</b>	439mcg
<b>Saturated Fat (g):</b>	11g	<b>Niacin (mg):</b>	22mg
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	0mg

Polyunsaturated Fat (g):	3g
Cholesterol (mg):	40mg
Carbohydrate (g):	253g
Dietary Fiber (g):	14g
Protein (g):	40g
Sodium (mg):	3525mg
Potassium (mg):	556mg
Calcium (mg):	350mg
Iron (mg):	12mg
Zinc (mg):	4mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	198IU
Vitamin A (r.e.):	20RE

Alcohol (kcal):	0
% Refuse:	00%

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### Food Exchanges

Grain (Starch):	15 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	14
Other Carbohydrates:	1

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## Nutrition Facts

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### Amount Per Serving

Calories	1812	Calories from Fat: 633
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### % Daily Values\*

<b>Total Fat</b> 70g	107%
Saturated Fat 11g	55%
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 3525mg	147%
<b>Total Carbohydrates</b> 253g	84%
Dietary Fiber 14g	56%
<b>Protein</b> 40g	
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<b>Vitamin A</b>	4%
<b>Vitamin C</b>	10%
<b>Calcium</b>	35%
<b>Iron</b>	66%

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\* Percent Daily Values are based on a 2000 calorie diet.