

Lemon Prawn Pate'

The Essential Appetizers Cookbook (1999)
Whitecap Books

Servings: 8

3 1/2 ounces butter
3 cloves garlic, crushed
1 1/2 pounds prawns, peeled and deveined
1 teaspoon lemon rind, grated
3 tablespoons lemon juice
1/4 teaspoon ground nutmeg
salt (to taste)
pepper (to taste)
2 tablespoons mayonnaise
2 tablespoons fresh chives, freshly chopped

In a frying pan, melt the butter. When it sizzles, add the garlic and prawns. Stir for 3 to 4 minutes or until the prawns are pink and cooked through. Cool.

Transfer to a food processor. Add the lemon rind, lemon juice and nutmeg. Process for 20 seconds or until roughly puree'd.

Season and add the mayonnaise and chives. Process for 20 seconds or until combined.

Spoon into a dish. Chill for at least one hour, or until firm.

Per Serving (excluding unknown items): 117 Calories; 13g Fat (96.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 122mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	117
% Calories from Fat:	96.0%
% Calories from Carbohydrates:	3.1%
% Calories from Protein:	0.9%
Total Fat (g):	13g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	28mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 122mg
Potassium (mg): 19mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 423IU
Vitamin A (r.e.): 99RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 117 **Calories from Fat:** 112

% Daily Values*

Total Fat	13g	20%
	Saturated Fat 7g	33%
Cholesterol	28mg	9%
Sodium	122mg	5%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	8%
Vitamin C	6%
Calcium	1%
Iron	0%

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