

Soft Cheese Pate'

The Essential Appetizers Cookbook (1999)
Whitecap Books

Servings: 15

5 ounces toasted pine nuts
1 pound feta cheese, crumbled
3/4 cup cream
2 teaspoons coarsely ground black pepper
1 ounce chopped fresh mint
1 ounce chopped dill
1 ounce chopped parsley

In a food processor, roughly chop the pine nuts. Add the feta cheese, cream and black pepper. Mix until smooth.

Add the mint, dill and parsley. Process until just combined.

Line a three-cup capacity bowl with plastic wrap. Transfer the mixture to the bowl and press in firmly.

Refrigerate, covered, for at least one hour, or until firm.

Turn out onto a plate and smooth the surface with a knife.

Serve with toast triangles.

Per Serving (excluding unknown items): 110 Calories; 9g Fat (76.2% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 344mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	110	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	6.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	16.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	9g	Folacin (mcg):	15mcg
Saturated Fat (g):	6g	Niacin (mg):	trace

Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 37mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): 5g
Sodium (mg): 344mg
Potassium (mg): 52mg
Calcium (mg): 166mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 423IU
Vitamin A (r.e.): 84RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving

Calories 110 **Calories from Fat:** 84

% Daily Values*

Total Fat 9g		15%
Saturated Fat 6g		32%
Cholesterol 37mg		12%
Sodium 344mg		14%
Total Carbohydrates 2g		1%
Dietary Fiber trace		1%
Protein 5g		
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Vitamin A		8%
Vitamin C		5%
Calcium		17%
Iron		3%

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