

Liver Pate' Canape's

What's Cooking II

North American Institute of Modern Cuisine

Servings: 24

*1 1/2 cups liver pate'
6 bread slices, toasted
12 small gherkins*

Spread the pate' on the toast. Cut into canape's.

Slice the gherkins in half lengthwise. Cut each half into a decorative fan shape.

Garnish the canape's. Serve.

*ASSEMBLING CANAPE'S:
Preheat the oven to BROIL. Lightly butter the bread slices. Toast in the oven for two minutes or so per side. Add the topping. Remove the crusts to make straight, even sides. Cut each toast slice into four small, equal triangles.*

Per Serving (excluding unknown items): 25 Calories; trace Fat (8.2% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 104mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	25	Vitamin B6 (mg):	trace
% Calories from Fat:	8.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	83.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	trace	% Refuse:	n n%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	104mg	Vegetable:	0
Potassium (mg):	22mg	Fruit:	0
Calcium (mg):	7mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 1mg
 Vitamin A (i.u.): 9IU
 Vitamin A (r.e.): 1RE

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 25 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	trace	0%
Sodium	104mg	4%
Total Carbohydrates	5g	2%
	Dietary Fiber trace	1%
Protein	1g	
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Vitamin A		0%
Vitamin C		1%
Calcium		1%
Iron		1%

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