Mushroom Pate'

The Essential Appetizers Cookbook (1999)
Whitecap Books

Servings: 10

1 1/4 ounces butter
1 tablespoon oil
13 ounces field mushrooms, chopped
2 cloves garlic, crushed
3 spring onions, chopped
1 tablespoon lemon juice
3 1/2 ounces ricotta cheese
3 1/2 ounces cream cheese, softened
2 tablespoons fresh coriander, chopped

In a large frying pan, melt the butter and oil. Add the mushrooms and garlic. Cook until the mushrooms have softened and the mushroom liquid has evaporated. Stir the spring onions. Allow to cool.

Place the mushroom mixture in a food processor. Add the lemon juice, ricotta cheese, cream cheese and coriander. Process until smooth. Season to taste.

Spoon into a serving dish. Cover and chill for two hours.

Per Serving (excluding unknown items): 92 Calories; 9g Fat (86.1% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 24mg Cholesterol; 68mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	92	**Vitamin B6 (mg):**	trace
% Calories from Fat:	86.1%	**Vitamin B12 (mcg):**	.1mcg
% Calories from Carbohydrates:	5.2%	**Thiamin B1 (mg):**	trace
% Calories from Protein:	8.6%	**Riboflavin B2 (mg):**	trace
Total Fat (g):	9g	**Folacin (mcg):**	6mcg
Saturated Fat (g):	5g	**Niacin (mg):**	trace
Monounsaturated Fat (g):	3g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	1g	**Alcohol (kcal):**	0
Cholesterol (mg):	24mg	**% Refuse:**	0.0%
Carbohydrate (g):	1g	**Food Exchanges**	
Dietary Fiber (g):	trace	**Grain (Starch):**	0

Protein (g):	2g	**Lean Meat:**	1/2
Sodium (mg):	68mg	**Vegetable:**	0
Potassium (mg):	41mg	**Fruit:**	0
Calcium (mg):	34mg	**Non-Fat Milk:**	0
Iron (mg):	trace	**Fat:**	1 1/2
Zinc (mg):	trace	**Other Carbohydrates:**	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	322IU		
Vitamin A (r.e.):	86 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 92	Calories from Fat: 79

	% Daily Values*
Total Fat 9g	14%
Saturated Fat 5g	25%
Cholesterol 24mg	8%
Sodium 68mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 2g	

Vitamin A	6%
Vitamin C	3%
Calcium	3%
Iron	1%

Percent Daily Values are based on a 2000 calorie diet.