

Chicken Liver Pate'

Mrs. Robert M. Slowey

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 25

1 pound chicken livers
1 medium white onion, chopped
1/2 cup butter
1/4 cup water
salt (to taste)
black pepper (to taste) (generously)
3 hard-boiled eggs
1/3 cup olive oil
2 green onions, finely chopped

In a saucepan, saute' the livers and onions in butter. Add water for juice, if needed. When the livers and onions are done, season with salt and pepper. Remove the livers from the juice to cool, reserving the juice.

Mince the livers with the egg whites using two knives or a meat grinder.

In a bowl, mash the egg yolks into a smooth paste with olive oil. Add the paste to the livers with enough juice to obtain a spread-type consistency.

Add the green onions to the mixture. Shape into a two-quart mold. Refrigerate.

When serving, the mold may be garnished with thin slices of green stuffed olives, minced fresh parsley, sieved hard-boiled egg whites, etc.

Serve with wheat thins or other crackers.

Per Serving (excluding unknown items): 92 Calories; 8g Fat (77.0% calories from fat); 4g Protein; 1g Carbohydrate; trace Dietary Fiber; 115mg Cholesterol; 60mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	92	Vitamin B6 (mg):	.1mg
% Calories from Fat:	77.0%	Vitamin B12 (mcg):	4.2mcg

% Calories from Carbohydrates: 5.0%
% Calories from Protein: 18.0%
Total Fat (g): 8g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 115mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 4g
Sodium (mg): 60mg
Potassium (mg): 60mg
Calcium (mg): 8mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 3909IU
Vitamin A (r.e.): 1165 1/2RE

Thiamin B1 (mg): trace
Riboflavin B2 (mg): .4mg
Folacin (mcg): 138mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

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: 25

Amount Per Serving

Calories 92 **Calories from Fat:** 71

% Daily Values*

Total Fat	8g	12%
	Saturated Fat 3g	16%
Cholesterol	115mg	38%
Sodium	60mg	2%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	0%
Protein	4g	
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Vitamin A		78%
Vitamin C		11%
Calcium		1%
Iron		9%

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