

# Smoked Trout Pate'

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## Servings: 10

*8 ounces smoked trout, skinned and boned*  
*4 ounces butter, softened*  
*4 ounces cream cheese, softened*  
*1 tablespoon lemon juice*  
*1 teaspoon horseradish cream*  
*1/2 ounce fresh parsley, finely chopped*  
*1/2 ounce fresh chives, finely chopped*  
*salt (to taste)*  
*freshly ground black pepper (to taste)*  
*lemon juice (additional, to taste, if desired)*

In a food processor, mix the trout, butter and cream cheese. Process for 20 seconds or until smooth.

Add the lemon juice, horseradish cream, parsley and chives. Process for 10 seconds.

Add the salt and pepper and more lemon juice, if desired.

Transfer to a small serving dish. Serve with hot toasted brown bread.

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Per Serving (excluding unknown items): 122 Calories; 13g Fat (94.8% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 128mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	122
% Calories from Fat:	94.8%
% Calories from Carbohydrates:	1.9%
% Calories from Protein:	3.3%
Total Fat (g):	13g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	37mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Protein:	0.8%

## Food Exchanges

**Dietary Fiber (g):** trace  
**Protein (g):** 1g  
**Sodium (mg):** 128mg  
**Potassium (mg):** 30mg  
**Calcium (mg):** 15mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 644IU  
**Vitamin A (r.e.):** 148RE

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

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

**Calories** 122                      **Calories from Fat:** 116

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#### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	8g	41%
<b>Cholesterol</b>	37mg	12%
<b>Sodium</b>	128mg	5%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	trace	0%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	13%
<b>Vitamin C</b>	6%
<b>Calcium</b>	2%
<b>Iron</b>	1%

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