

Sardine Pâté

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-sardine-recipe>

Ingredients:

- 8 whole sardines cleaned and filleted, about 12 ounces, 350g
- salt
- freshly ground black pepper
- 2 shallots peeled and minced
- 1/2 bunch chives minced
- 1 pinch chile powder
- 2 ounces butter salted or unsalted, at room temperature
- 3 tablespoons olive oil
- lemon juice freshly-squeezed

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Protein: 1 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 140 milligrams

Thank you for visiting our website. Hope you enjoy Sardine Pâté above. You can see more 20 jamaican sardine recipe Savor the mouthwatering goodness! to get more great cooking ideas.