



Aunt Bev's Vegetarian Chopped Liver



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients

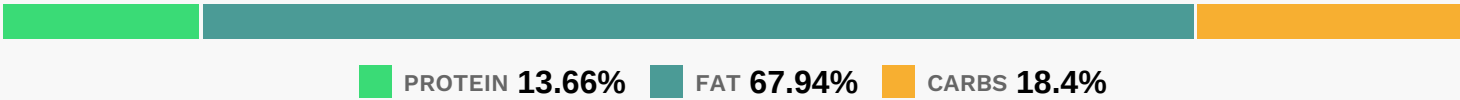
- ☐ 15 oz peas drained canned
- ☐ 4 hardboiled eggs divided peeled
- ☐ 1 large onion chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 2 tbsp vegetable oil (I prefer grapeseed or peanut oil, Sheri recommends canola oil)
- ☐ 1 cup walnuts toasted

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Aunt Bev's Vegetarian Chopped Liver
- ☐ Ingredients2 tbsp vegetable oil (I prefer grapeseed or peanut oil, Sheri recommends canola oil)1 large onion, chopped1 cup toasted walnuts4 peeled hard boiled eggs, divided1 can (15 oz) peas, drained
- ☐ Salt and pepper to taste
- ☐ Servings: 8
- ☐ Kosher Key: Pareve, Kosher for Sephardic Passover

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:9.5786957326143%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 202.78kcal (10.14%), Fat: 15.86g (24.4%), Saturated Fat: 2.29g (14.28%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 6.62g (2.41%), Sugar: 3.16g (3.51%), Cholesterol: 93.25mg (31.08%), Sodium: 324.17mg (14.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.35%), Manganese: 0.64mg (32.13%), Vitamin A: 946.05IU (18.92%), Vitamin K: 17.8µg (16.95%), Copper: 0.3mg (14.79%), Phosphorus: 132.53mg (13.25%), Selenium: 9.2µg (13.15%), Fiber: 3.05g (12.21%), Folate: 41.65µg (10.41%), Vitamin B2: 0.17mg (9.88%), Magnesium: 37.59mg (9.4%), Vitamin B6: 0.17mg (8.29%), Iron: 1.45mg (8.06%), Vitamin B1: 0.12mg (7.73%), Zinc: 1.13mg (7.53%), Vitamin C: 5.72mg (6.94%), Potassium: 179.76mg (5.14%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.28µg (4.63%), Vitamin E: 0.65mg (4.35%), Calcium: 41.9mg (4.19%), Vitamin D: 0.55µg (3.67%), Vitamin B3: 0.73mg (3.65%)