



Bacon Chicken Livers

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon
- 1 pound chicken livers fresh
- 4 tablespoons honey

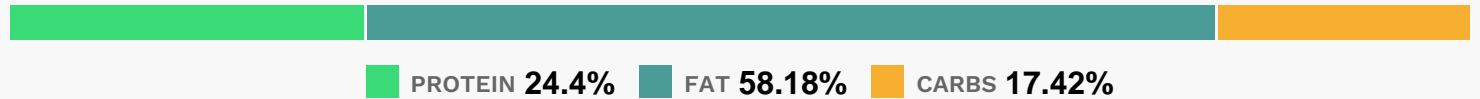
Equipment

- bowl
- oven
- toothpicks

Directions

- Preheat oven to broil setting.
- Cut each slice of bacon in half and wrap around each chicken liver, securing with toothpicks.
- Broil until bacon is cooked and crisp on one side, then turn and repeat (about 6 to 8 minutes each side).
- Serve with honey in a bowl, for dipping.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:41.456087093638%

Nutrients (% of daily need)

Calories: 435.22kcal (21.76%), Fat: 27.98g (43.05%), Saturated Fat: 9.31g (58.19%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 18.82g (6.84%), Sugar: 17.24g (19.16%), Cholesterol: 428.64mg (142.88%), Sodium: 456.7mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.81%), Vitamin B12: 19.08µg (318.08%), Vitamin A: 12583.22IU (251.66%), Folate: 667.2µg (166.8%), Vitamin B2: 2.07mg (121.77%), Selenium: 73.48µg (104.97%), Vitamin B5: 7.4mg (73.97%), Vitamin B3: 13.34mg (66.69%), Iron: 10.52mg (58.42%), Vitamin B6: 1.12mg (56.16%), Phosphorus: 419.28mg (41.93%), Vitamin B1: 0.5mg (33.49%), Copper: 0.59mg (29.46%), Zinc: 3.74mg (24.95%), Vitamin C: 20.4mg (24.73%), Manganese: 0.31mg (15.61%), Potassium: 384mg (10.97%), Magnesium: 28.77mg (7.19%), Vitamin E: 1.04mg (6.92%), Vitamin D: 0.23µg (1.51%), Calcium: 13.17mg (1.32%)