




 **58%**
HEALTH SCORE

Bacon Wrapped Liver


 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN




30 min.

SERVINGS



4

CALORIES



2732 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 12 bacon
- 4 servings bamboo skewers
- 6 chicken whole split (12 pieces total)
- 4 servings pepper black freshly ground

Equipment

- paper towels
- grill
- skewers

Directions

- Pat the livers dry with a paper towel.
- Sprinkle salt and freshly ground black pepper over the livers. Using one strip of bacon per lobe, wrap the bacon tightly around the liver so that it is entirely covered, then pierce with the skewer, using the skewer to hold the bacon in place. Space the bacon-wrapped livers on the skewer, three per skewer.
- Light one half chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over entire surface of coal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.
- Grill skewers turning every few minutes until the bacon is crispy and the liver is just cooked through, 7 to 10 minutes.
- Serve immediately.

Nutrition Facts

PROTEIN 33.07% **FAT 66.79%** **CARBS 0.14%**

Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-9, Nutrition Score:51.029130486043%

Nutrients (% of daily need)

Calories: 2732.34kcal (136.62%), Fat: 198.28g (305.05%), Saturated Fat: 58.03g (362.66%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.02g (0.02%), Cholesterol: 900.54mg (300.18%), Sodium: 1236.86mg (53.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 220.89g (441.78%), Vitamin B3: 80.37mg (401.84%), Selenium: 177.82µg (254.02%), Vitamin B6: 4.18mg (208.82%), Phosphorus: 1775.13mg (177.51%), Vitamin B5: 10.77mg (107.67%), Zinc: 15.76mg (105.03%), Vitamin B2: 1.43mg (83.83%), Potassium: 2292.4mg (65.5%), Vitamin B12: 3.87µg (64.54%), Magnesium: 236.66mg (59.16%), Iron: 10.57mg (58.71%), Vitamin B1: 0.87mg (57.87%), Vitamin A: 1624.79IU (32.5%), Copper: 0.58mg (28.93%), Vitamin E: 3.72mg (24.79%), Vitamin C: 18.29mg (22.17%), Folate: 68.61µg (17.15%), Vitamin D: 2.55µg (17%), Vitamin K: 17.3µg (16.48%), Calcium: 129.51mg (12.95%), Manganese: 0.24mg (11.93%)