



 **59%**  
HEALTH SCORE

## Baked Liver In Creole Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

SAUCE

### Ingredients

- 3 tablespoons add carrot and onion to bacon fat . cook
- 1 bay leaf
- 8 ounce tomato sauce canned
- 0.3 cup flour all-purpose
- 3 tablespoons flour all-purpose
- 1 clove garlic minced
- 1 medium size bell pepper green chopped
- 1 pound calves' liver thinly sliced

- 1 medium onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 ounces cheddar cheese shredded
- 1 cup water

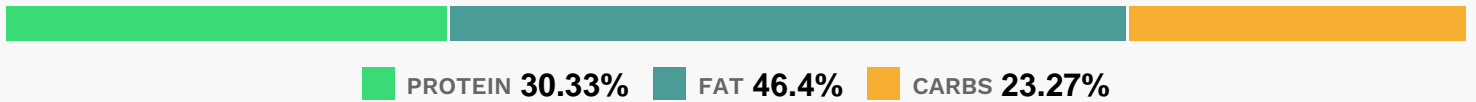
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Sprinkle liver with salt and pepper; dredge in flour. Brown liver on both sides in hot bacon drippings in a large skillet.
- Remove liver to a 10- x 6- x 2-inch baking dish, reserving pan drippings in skillet.
- Saut onion, green pepper, and garlic in pan drippings.
- Add flour, tomato sauce, water, and bay leaf. Bring to a boil, stirring constantly.
- Remove from heat; pour over liver.
- Bake, uncovered, at 325 for 30 minutes.
- Remove and discard bay leaf.
- Sprinkle with cheese; bake an additional 10 minutes or until cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:80.25, Glycemic Load:9.22, Inflammation Score:-10, Nutrition Score:48.289999713068%

## Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

## **Nutrients (% of daily need)**

Calories: 386.09kcal (19.3%), Fat: 19.77g (30.42%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.08g (7.3%), Sugar: 3.99g (4.43%), Cholesterol: 335.99mg (112%), Sodium: 751.51mg (32.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.16%), Vitamin B12: 67.4µg (1123.26%), Copper: 11.2mg (559.76%), Vitamin A: 19662.47IU (393.25%), Vitamin B2: 3.31mg (194.52%), Folate: 369.81µg (92.45%), Vitamin B5: 8.5mg (84.96%), Vitamin B3: 16.48mg (82.42%), Selenium: 54.18µg (77.4%), Vitamin B6: 1.41mg (70.45%), Phosphorus: 548.89mg (54.89%), Iron: 6.94mg (38.58%), Vitamin C: 31.64mg (38.35%), Zinc: 5.39mg (35.93%), Manganese: 0.61mg (30.42%), Vitamin B1: 0.37mg (24.58%), Potassium: 645.7mg (18.45%), Calcium: 129.21mg (12.92%), Vitamin D: 1.71µg (11.39%), Magnesium: 42.46mg (10.61%), Vitamin E: 1.54mg (10.28%), Fiber: 2.24g (8.96%), Vitamin K: 8.01µg (7.63%)