



Bourbon Chicken Liver Pâté

READY IN



45 min.

SERVINGS



10

CALORIES



192 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slices accompaniment: crackers toasted
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons bourbon
- ☐ 1 pound chicken livers trimmed
- ☐ 1 teaspoon marjoram or dried fresh minced
- ☐ 1 teaspoon sage or dried fresh minced
- ☐ 1 teaspoon thyme or dried fresh minced
- ☐ 1 large garlic clove minced
- ☐ 0.1 teaspoon ground allspice

- ☐ 1 cup onion finely chopped
- ☐ 10 servings sage sprig fresh
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup butter unsalted

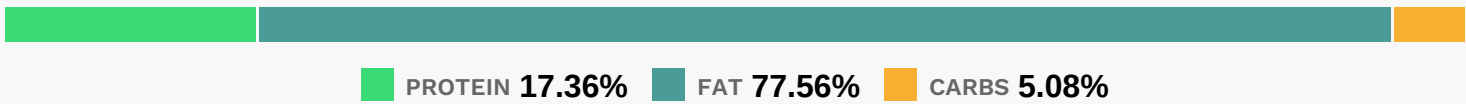
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Melt 1 stick butter in a large nonstick skillet over moderately low heat, then cook onion and garlic, stirring, until softened, about 5 minutes.
- ☐ Add herbs, salt, pepper, allspice, and livers and cook, stirring, until livers are cooked outside but still pink when cut open, about 8 minutes. Stir in bourbon and remove from heat. Purée mixture in a food processor until smooth, then transfer pâté to crock and smooth top.
- ☐ Melt remaining 1/2 stick butter in a very small heavy saucepan over low heat, then remove pan from heat and let butter stand 3 minutes. If using herb garnish, put sprig on top of pâté. Skim froth from butter, then spoon enough clarified butter over pâté to cover its surface, leaving milky solids in bottom of pan.
- ☐ Chill pâté until butter is firm, about 30 minutes, then cover with plastic wrap and chill at least 2 hours more.
- ☐ ·Pâté can be chilled up to 2 weeks.·Once butter seal has been broken, pâté keeps, its surface covered with plastic wrap and chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:23.331304249556%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 191.83kcal (9.59%), Fat: 16.07g (24.72%), Saturated Fat: 9.48g (59.23%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.7g (0.78%), Cholesterol: 193.09mg (64.36%), Sodium: 210.27mg (9.14%), Alcohol: 1g (100%), Alcohol %: 1.52% (100%), Protein: 8.09g (16.19%), Vitamin B12: 7.55µg (125.83%), Vitamin A: 5503.85IU (110.08%), Folate: 271.13µg (67.78%), Vitamin B2: 0.82mg (48.39%), Selenium: 25.07µg (35.82%), Vitamin B5: 2.87mg (28.73%), Iron: 4.44mg (24.64%), Vitamin B3: 4.47mg (22.35%), Vitamin B6: 0.41mg (20.75%), Phosphorus: 145.68mg (14.57%), Vitamin C: 11.07mg (13.42%), Copper: 0.24mg (12.06%), Vitamin B1: 0.15mg (9.93%), Manganese: 0.18mg (8.8%), Zinc: 1.29mg (8.57%), Vitamin E: 0.73mg (4.85%), Potassium: 141.18mg (4.03%), Vitamin K: 3.44µg (3.28%), Magnesium: 12.64mg (3.16%), Fiber: 0.48g (1.92%), Calcium: 18.71mg (1.87%), Vitamin D: 0.26µg (1.7%)