



## Bubbie's Chopped Liver

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



280 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots grated
- 2.3 pounds chicken livers
- 1 tablespoon chicken stock see
- 2 eggs
- 1 small onion chopped
- 6 servings salt and pepper to taste
- 2 tablespoons vegetable oil divided

### Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- broiler

## Directions

- Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Place chicken livers on a baking sheet in a single layer and broil until the liver is no longer pink in the center and the juices run clear, about 3 minutes per side.
- Heat 1 tablespoon of vegetable oil in a skillet over medium heat. Stir in the chopped large onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Divide into two bowls and set aside.
- Place carrots in the same skillet. Cook and stir until the carrots have softened, about 5 minutes.
- Place chicken livers, carrots, raw chopped onion, 1 hardboiled egg, half of the cooked onion, salt and pepper in a food processor. Process until smooth.
- Pour in the chicken stock and continue processing until the liver mixture is creamy and fluffy. Arrange the liver mixture in a bowl and top with the remaining cooked onion and grated hardboiled egg. Refrigerate for 4 hours before serving.

## Nutrition Facts

 **PROTEIN 45.93%**  **FAT 47.44%**  **CARBS 6.63%**

## Properties

Glycemic Index:12.31, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:49.181304807248%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg 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: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

## Nutrients (% of daily need)

Calories: 277.37kcal (13.87%), Fat: 14.23g (21.9%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.71g (1.35%), Sugar: 1.55g (1.72%), Cholesterol: 641.47mg (213.82%), Sodium: 353.46mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Vitamin B12: 28.33µg (472.21%), Vitamin A: 22319.75IU (446.4%), Folate: 1013.27µg (253.32%), Vitamin B2: 3.11mg (182.85%), Selenium: 97.51µg (139.3%), Vitamin B5: 10.9mg (108.97%), Iron: 15.64mg (86.9%), Vitamin B3: 16.81mg (84.05%), Vitamin B6: 1.52mg (75.97%), Phosphorus: 545.4mg (54.54%), Copper: 0.86mg (43.13%), Vitamin C: 32.52mg (39.41%), Vitamin B1: 0.54mg (36.29%), Zinc: 4.8mg (32.02%), Manganese: 0.48mg (24.12%), Potassium: 496.23mg (14.18%), Vitamin E: 1.85mg (12.35%), Vitamin K: 11.12µg (10.59%), Magnesium: 37.79mg (9.45%), Calcium: 31.41mg (3.14%), Fiber: 0.77g (3.07%), Vitamin D: 0.29µg (1.96%)