



Calf's Liver with Spinach Salad, Croutons, and Pine Nuts

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pounds country bread cut into 3/4-inch cubes
- ☐ 1 tablespoon butter
- ☐ 4 slices calf's liver ()
- ☐ 0.3 cup flour
- ☐ 1 tablespoon grainy mustard
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 6 tablespoons olive oil

- ☐ 3 tablespoons pinenuts
- ☐ 1 teaspoon salt
- ☐ 9 cups pkt spinach washed
- ☐ 2 tablespoons red-wine vinegar

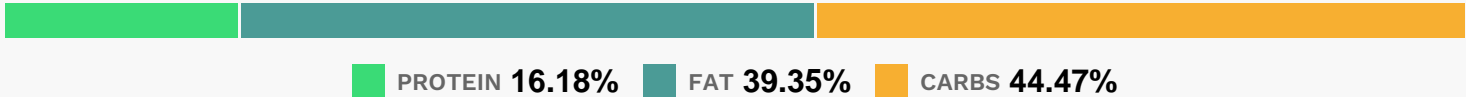
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat the oven to 350°F.
- ☐ Toast the pine nuts in the oven until golden brown, about 5 minutes. Toast the bread cubes in the oven until golden but still slightly soft in the center, about 15 minutes.
- ☐ In a small glass or stainless-steel bowl, whisk together the vinegar, mustard, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper.
- ☐ Add 5 tablespoons of the oil slowly, whisking.
- ☐ Combine the flour with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. In a large frying pan, heat the remaining 1 tablespoon oil and the butter over moderate heat. Dust the liver slices with the flour mixture and shake off the excess.
- ☐ Put the liver in the pan and cook until browned, about 3 minutes. Turn and cook until browned on the other side, 3 to 4 minutes longer. It should still be pink in the center.
- ☐ Remove.
- ☐ In a large bowl, toss the spinach with all but 2 tablespoons of the dressing.
- ☐ Add the croutons and pine nuts and toss. Mound the spinach on plates and top with the liver.
- ☐ Drizzle with the reserved dressing.
- ☐ Wine Recommendation: Though the cabernet-franc-based reds of the Loire Valley are virtually ignored in the United States, their berry-like flavor, medium body, and crisp texture are often more versatile with food than their heavier Bordeaux brethren. A Saumur-Champigny will be lovely here.

Nutrition Facts



Properties

Glycemic Index:69.92, Glycemic Load:55.31, Inflammation Score:-10, Nutrition Score:65.056087162184%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.31mg, Kaempferol: 4.31mg, Kaempferol: 4.31mg, Kaempferol: 4.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 947.06kcal (47.35%), Fat: 41.68g (64.13%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 105.99g (35.33%), Net Carbohydrates: 95.85g (34.86%), Sugar: 12g (13.34%), Cholesterol: 231.3mg (77.1%), Sodium: 1690.07mg (73.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.57g (77.14%), Vitamin B12: 40.11µg (668.42%), Vitamin A: 32594.63IU (651.89%), Copper: 8.45mg (422.43%), Vitamin K: 353.77µg (336.92%), Manganese: 3.91mg (195.39%), Vitamin B2: 2.32mg (136.6%), Selenium: 77.06µg (110.09%), Folate: 400.64µg (100.16%), Vitamin B3: 19.47mg (97.33%), Iron: 14.28mg (79.33%), Zinc: 11.05mg (73.65%), Vitamin B1: 1.08mg (72.02%), Phosphorus: 600.45mg (60.04%), Vitamin B5: 5.81mg (58.11%), Vitamin B6: 1.01mg (50.35%), Magnesium: 171.24mg (42.81%), Fiber: 10.14g (40.54%), Vitamin E: 5.82mg (38.8%), Calcium: 325.94mg (32.59%), Potassium: 929mg (26.54%), Vitamin C: 19.95mg (24.18%)