



Chicken Liver and Sage Crostini

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 slices baguette toasted
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 12 medium sage leaves fresh thinly sliced chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup madeira wine
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup onion red finely chopped

☐ 1 cup turkey livers finely chopped

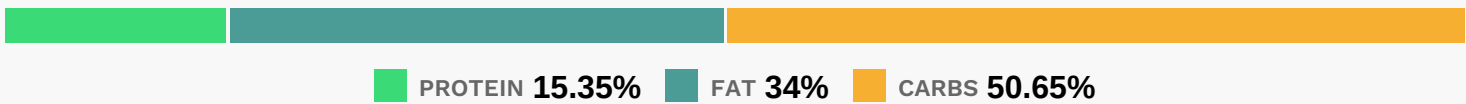
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Line plate with paper towels.
- ☐ Heat oil in medium skillet over medium-high heat.
- ☐ Add sliced sage; sauté until crisp, about 30 seconds. Using slotted spoon, transfer sauteed sage to paper towels.
- ☐ Add onion to same skillet; sauté until golden, about 3 minutes.
- ☐ Add garlic, chopped liver, and 1 teaspoon chopped sage. Stir until liver is no longer red, about 3 minutes. Increase heat to high, add Madeira, and cook until wine has evaporated, about 2 minutes.
- ☐ Add salt and pepper. Divide liver mixture among baguette slices. Top with sautéed sage.
- ☐ Serve crostini on bed of fresh sage leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:29.29, Glycemic Load:21.49, Inflammation Score:-4, Nutrition Score:9.6269564596207%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 265.6kcal (13.28%), Fat: 9.7g (14.93%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 30.91g (11.24%), Sugar: 3.68g (4.09%), Cholesterol: 11.93mg (3.98%), Sodium: 609.14mg (26.48%), Alcohol: 1.03g (100%), Alcohol %: 1.16% (100%), Protein: 9.86g (19.71%), Vitamin B1: 0.39mg (25.89%), Vitamin B3: 4.2mg (21%), Selenium: 14.69µg (20.98%), Folate: 72.3µg (18.08%), Manganese: 0.36mg (17.77%), Copper: 0.34mg (17.23%), Vitamin B2: 0.24mg (14.23%), Iron: 2.47mg (13.73%), Phosphorus: 97.71mg (9.77%), Vitamin B6: 0.19mg (9.66%), Vitamin E: 1.21mg (8.08%), Calcium: 74.99mg (7.5%), Fiber: 1.61g (6.43%), Vitamin K: 6.37µg (6.07%), Magnesium: 23.53mg (5.88%), Zinc: 0.84mg (5.63%), Potassium: 146.6mg (4.19%), Vitamin B5: 0.4mg (4.01%), Vitamin B12: 0.2µg (3.37%), Vitamin C: 1.14mg (1.39%)