



Chicken Liver Bruschetta



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoon balsamic vinegar
- ☐ 1 tablespoon capers rinsed drained
- ☐ 0.5 pound chicken livers
- ☐ 3 tablespoon olive oil
- ☐ 0.3 bunch parsley italian roughly chopped
- ☐ 1 medium onion diced red
- ☐ 1 pinch pepper flakes red
- ☐ 8 servings salt and pepper to taste

☐ 0.8 cup vermouth sweet

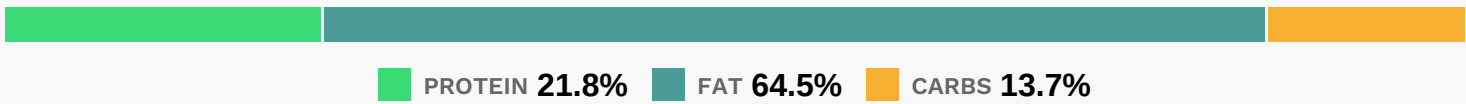
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ In a 12-inch cast iron skillet, heat 3 tablespoons olive oil over medium heat until almost smoking.
- ☐ Add the onion, capers, and anchovy paste, and cook until the mixture is golden brown, about 8 to 10 minutes
- ☐ Add ¼ cup vermouth and balsamic vinegar.
- ☐ Let reduce.
- ☐ Add the chicken livers and stir until lightly browned, about 4 to 5 minutes.
- ☐ Add the remaining ½ cup vermouth. Bring the mixture to a boil. Lower the heat and let the mixture simmer for 15–20 minutes.During this time break the livers up with a wooden spoon as they cook. You are looking for a very rustic, varied texture.Season, to taste, with salt and pepper.
- ☐ Remove from the heat.Stir in the chili flakes and parsley.Toast the bread until golden brown and place on serving plates.
- ☐ Spread equal amounts of the liver mixture over 1 side of each piece of bread and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:16.891738904559%

Flavonoids

Apigenin: 3.84mg, Apigenin: 3.84mg, Apigenin: 3.84mg, Apigenin: 3.84mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 108.07kcal (5.4%), Fat: 6.66g (10.24%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.2g (1.33%), Cholesterol: 97.81mg (32.6%), Sodium: 244.39mg (10.63%), Alcohol: 2.14g (100%), Alcohol %: 3.51% (100%), Protein: 5.06g (10.12%), Vitamin B12: 4.7µg (78.34%), Vitamin A: 3295.97IU (65.92%), Folate: 172.25µg (43.06%), Vitamin K: 32.69µg (31.13%), Vitamin B2: 0.51mg (30.06%), Selenium: 15.56µg (22.23%), Vitamin B5: 1.79mg (17.91%), Iron: 2.77mg (15.37%), Vitamin B3: 2.81mg (14.03%), Vitamin B6: 0.26mg (13.02%), Vitamin C: 8.5mg (10.31%), Phosphorus: 90.12mg (9.01%), Copper: 0.15mg (7.63%), Vitamin E: 0.98mg (6.56%), Vitamin B1: 0.09mg (6.3%), Zinc: 0.81mg (5.38%), Manganese: 0.1mg (4.98%), Potassium: 100.36mg (2.87%), Magnesium: 8.49mg (2.12%), Fiber: 0.33g (1.32%)