



Chicken-Liver Crostini

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounces chicken livers
- 2 tablespoons grapeseed oil
- 1 cup onion sliced
- 1 tablespoon capers rinsed drained
- 1 inch pepper
- 3 sage fresh
- 0.5 cup vin santo sweet
- 1 cup heavy whipping cream
- 1 serving salt and pepper freshly ground

- 1 serving olive oil extra virgin extra-virgin for drizzling
- 1 serving top toasted sliced for serving

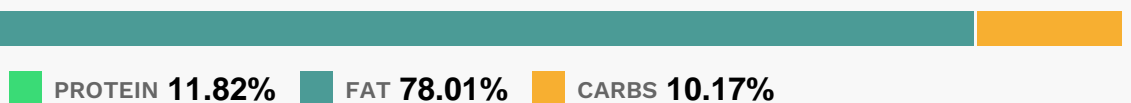
Equipment

- food processor
- frying pan
- paper towels

Directions

- Rinse chicken livers, and transfer to paper towels to drain. Meanwhile, heat grapeseed oil in a large skillet over medium-high heat.
- Add onion, capers, and red-pepper flakes, and cook, stirring constantly, until onion is translucent and starting to brown, about 3 minutes.
- Add chicken livers and sage, and cook until livers start to brown.
- Remove skillet from heat.
- Add Vin Santo. Return to medium-high heat, and simmer until reduced to a glaze, about 4 minutes. Reduce heat to low, and add cream. Simmer until reduced by half, stirring frequently, 8 to 10 minutes more. Season with salt and pepper.
- Transfer to a food processor, and puree until smooth.
- Serve at room temperature, drizzled with olive oil and spread on toasted bread.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:22.329565162244%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin:

1.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

Nutrients (% of daily need)

Calories: 285.23kcal (14.26%), Fat: 23.19g (35.68%), Saturated Fat: 10.5g (65.63%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 6.29g (2.29%), Sugar: 3.86g (4.29%), Cholesterol: 175.23mg (58.41%), Sodium: 110.96mg (4.82%), Alcohol: 3.06g (100%), Alcohol %: 2.92% (100%), Protein: 7.91g (15.82%), Vitamin B12: 6.33µg (105.51%), Vitamin A: 4777.83IU (95.56%), Folate: 229.43µg (57.36%), Vitamin B2: 0.76mg (44.72%), Selenium: 22.13µg (31.61%), Vitamin B5: 2.5mg (24.97%), Iron: 3.59mg (19.94%), Vitamin B3: 3.79mg (18.97%), Vitamin B6: 0.37mg (18.46%), Vitamin E: 2.33mg (15.56%), Phosphorus: 145.17mg (14.52%), Copper: 0.28mg (13.83%), Vitamin C: 9.03mg (10.95%), Vitamin B1: 0.14mg (9.37%), Manganese: 0.16mg (7.96%), Zinc: 1.17mg (7.81%), Potassium: 183.13mg (5.23%), Vitamin D: 0.63µg (4.23%), Calcium: 37.79mg (3.78%), Magnesium: 14.98mg (3.74%), Vitamin K: 3.13µg (2.98%), Fiber: 0.51g (2.03%)