



Chicken Liver Fettuccine with Truffles & Pink Peppercorns

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound chicken livers cut into bite sized chunks
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 clove garlic minced peeled
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano for grating
- ☐ 4 servings pink peppercorns lightly crushed
- ☐ 0.5 cup red wine vinegar

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings truffle black jarred fine (is in this instance)
- ☐ 1 tablespoon butter unsalted
- ☐ 1 pound fettuccinne dried
- ☐ 1 pound fettuccinne dried

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a 12 to 14-inch saucepan, heat the olive oil and butter over a medium-high flame until very hot but not smoking.
- ☐ Add the onion then turn the heat to medium. Sweat over medium heat until softened somewhat, about 5 minutes. Lower the heat and season the onions with a generous sprinkling of salt. Continue cooking, stirring often until well caramelized and jammy. About 30 minutes. Raise the heat to back up to medium-high and add the chicken livers to the same pan and continue cooking until the livers are slightly browned on all sides, about 7 minutes more.
- ☐ Add the vinegar and continue cooking until it is completely absorbed and evaporated. Lower the heat to a simmer and continue cooking for 10 minutes more, adding a bit of water if the pan gets too dry. Bring 6 quarts water to a rolling boil and add 2 tablespoons salt.
- ☐ Add the fettuccine to the boiling water and cook until al dente, about 10-12 minutes.
- ☐ Drain the pasta, reserving ½ cup of the cooking water. Bring the pan with the chicken livers back up to medium-high heat.
- ☐ Add the cooked fettuccine to the pan.
- ☐ Add parsley and toss to combine. Season with salt and pepper. Turn the pasta out onto a large serving platter and top with generous amount of truffle shavings, grated Parmigiano, and a few pinches of pink peppercorns.

Nutrition Facts



 **PROTEIN 17.14%**  **FAT 80.28%**  **CARBS 2.58%**

Properties

Glycemic Index:38.25, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:30.268695629161%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.24kcal (16.91%), Fat: 29.86g (45.93%), Saturated Fat: 7.65g (47.82%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.13g (0.15%), Cholesterol: 211.64mg (70.55%), Sodium: 244.74mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.69%), Vitamin B12: 9.56µg (159.28%), Vitamin A: 6556.6IU (131.13%), Folate: 336.12µg (84.03%), Vitamin B2: 1.06mg (62.08%), Selenium: 34.07µg (48.68%), Vitamin B5: 3.62mg (36.23%), Iron: 5.65mg (31.37%), Vitamin K: 31.33µg (29.83%), Vitamin B3: 5.59mg (27.94%), Phosphorus: 262.99mg (26.3%), Vitamin B6: 0.52mg (25.89%), Vitamin E: 3.55mg (23.66%), Calcium: 164.35mg (16.43%), Manganese: 0.33mg (16.4%), Copper: 0.31mg (15.36%), Vitamin C: 12.1mg (14.66%), Zinc: 1.91mg (12.74%), Vitamin B1: 0.18mg (12.2%), Potassium: 180.78mg (5.17%), Magnesium: 20.29mg (5.07%), Fiber: 0.34g (1.37%)