



Chicken Liver Mousse

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



157 kcal

Ingredients

- 0.3 cup brandy
- 2 tablespoons butter
- 1 pound chicken livers cleaned
- 1 teaspoon thyme leaves fresh chopped
- 0.3 teaspoon ground pepper white
- 1 cup heavy cream
- 2 cups onion chopped
- 0.5 teaspoon salt
- 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when chopped

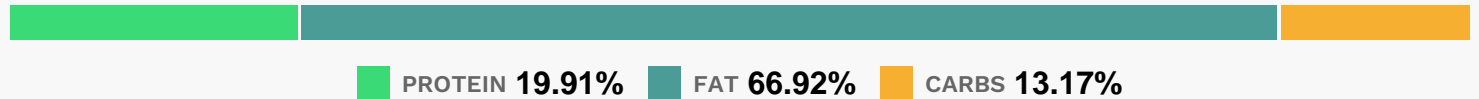
Equipment

- food processor
- frying pan

Directions

- Watch how to make this recipe.
- In a large saute pan over low heat, melt the butter and cook onion, apple, and thyme, covered, until apples soften.
- Remove lid and increase heat to medium add the livers and cook until firm and still pink inside.
- Remove from the heat and allow to cool.
- Add the pepper, salt, and brandy and puree in a food processor; then chill, covered. Meanwhile whip the heavy cream to medium peaks. Fold into cooled, pureed liver mixture.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:20.887391147406%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 157.07kcal (7.85%), Fat: 10.93g (16.81%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.79g (3.11%), Cholesterol: 157.84mg (52.61%), Sodium: 145.33mg (6.32%), Alcohol: 1.67g (100%), Alcohol %: 2.06% (100%), Protein: 7.31g (14.63%), Vitamin B12: 6.3µg (105.05%), Vitamin A: 4551.35IU (91.03%), Folate: 228.58µg (57.15%), Vitamin B2: 0.72mg (42.42%), Selenium: 21.39µg (30.56%), Vitamin B5: 2.45mg (24.49%), Iron: 3.52mg (19.58%), Vitamin B3: 3.73mg (18.67%), Vitamin B6: 0.37mg (18.32%), Phosphorus: 133.66mg (13.37%), Vitamin C: 9.61mg (11.65%), Copper: 0.2mg (10.19%), Vitamin B1: 0.13mg (8.92%), Zinc: 1.11mg (7.43%), Manganese: 0.14mg (7.02%), Potassium: 157.58mg (4.5%), Vitamin E: 0.53mg (3.5%), Magnesium: 12.11mg (3.03%), Fiber: 0.74g (2.95%), Calcium: 24.28mg (2.43%), Vitamin D: 0.32µg (2.12%), Vitamin K: 1.13µg (1.08%)