



Chicken liver & mushroom nests

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tbsp unrefined sunflower oil
- ☐ 3 onions finely chopped
- ☐ 250 g pack chestnut mushroom chopped
- ☐ 1 garlic clove crushed
- ☐ 400 g pack chicken liver trimmed
- ☐ 3 tbsp brandy
- ☐ 140 g breadcrumb white
- ☐ 1 bunch flatleaf parsley chopped

- ☐ 1 handful walnuts chopped
- ☐ 12 dry-cured streaky bacon rashers smoked

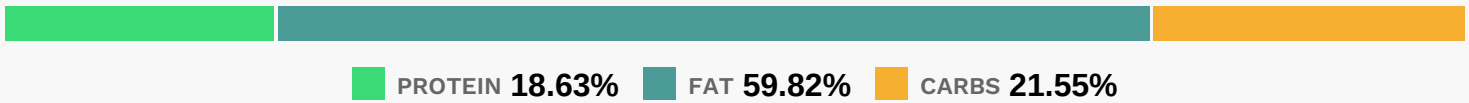
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Heat the oil in a large frying pan, then soften the onions for 10 mins with the pan covered. Turn up the heat, add the mushrooms and fry for about 10 mins until golden and all their liquid has evaporated. Stir in the garlic and cook for 1 min more. Tip everything onto a plate.
- ☐ Pat the livers dry, then add a little more oil to the pan. Sizzle in batches for about 20 secs on each side until just golden but not cooked through. Set aside on a plate as you go. Tip in the brandy and let it reduce to 1 tbsp. Roughly chop the livers once cooled, then mix with the oniony mushrooms, brandy, bread and almost all the parsley and nuts.
- ☐ To cook, wind bacon rashers into the wells of a 12-hole bun tin, like little nests. Spoon in the stuffing (reserving 250g for your turkey), scatter with remaining nuts, then bake, covered with foil, for 20 mins. Uncover and cook for 25 mins more until the bacon is gold. Scatter with remaining chopped parsley to serve.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:28.029130458832%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg

0.72mg, Myricetin: 0.72mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 251.11kcal (12.56%), Fat: 16.18g (24.89%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 11.67g (4.24%), Sugar: 2.36g (2.62%), Cholesterol: 129.52mg (43.17%), Sodium: 259.85mg (11.3%), Alcohol: 1.25g (100%), Alcohol %: 1.22% (100%), Protein: 11.33g (22.67%), Vitamin B12: 5.7µg (94.97%), Vitamin A: 4102.02IU (82.04%), Vitamin K: 79.04µg (75.28%), Folate: 228.59µg (57.15%), Vitamin B2: 0.78mg (45.64%), Selenium: 31.28µg (44.68%), Vitamin B3: 5.82mg (29.09%), Vitamin B5: 2.65mg (26.45%), Iron: 4.16mg (23.14%), Vitamin B6: 0.43mg (21.69%), Vitamin B1: 0.32mg (21.4%), Phosphorus: 194.84mg (19.48%), Copper: 0.37mg (18.31%), Manganese: 0.36mg (17.88%), Vitamin C: 14.43mg (17.49%), Vitamin E: 1.84mg (12.24%), Zinc: 1.73mg (11.51%), Potassium: 314.99mg (9%), Magnesium: 25mg (6.25%), Fiber: 1.45g (5.79%), Calcium: 44.65mg (4.46%)