



Chicken liver parfait with sultanas & raisins

READY IN



30 min.

SERVINGS



8

CALORIES



488 kcal

Ingredients

- ☐ 100 g raisins
- ☐ 6 tbsp vin santo sweet
- ☐ 100 g butter unsalted
- ☐ 800 g chicken livers cleaned
- ☐ 2 garlic clove crushed
- ☐ 2 tbsp sage chopped
- ☐ 150 ml double cream
- ☐ 8 servings day-old brioche thinly sliced
- ☐ 9 servings the salad

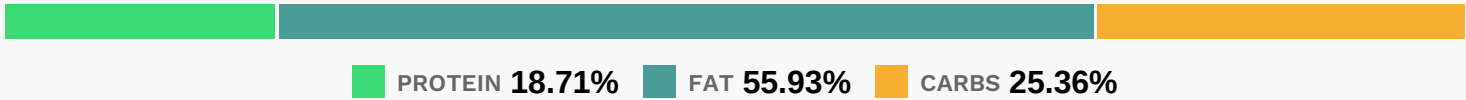
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ ramekin
- ☐ microwave

Directions

- ☐ Put the dried fruit and dessert wine in a bowl. Cover and microwave on High for 3 mins. Meanwhile, gently melt the butter in a large pan and fry the livers with the garlic, sage and plenty of black pepper for about 5 mins until browned.
- ☐ Tip the mixture into a food processor, scraping in all of the buttery juices and blend until smooth.
- ☐ Pour in the cream and 2 tbsp of the wine from the dried fruit, season with salt, then blend again.
- ☐ Generously oil the insides of 8 x 100ml ramekins. Spoon some wine-soaked raisins into the base of each ramekin, then top with the parfait. Cover and chill. They will keep for 2 days in the fridge or 1 month in the freezer. Thaw overnight in the fridge.
- ☐ To serve, run a knife round the inside of the ramekins and turn the parfait out onto plates. Accompany with toasted brioche and a few salad leaves.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:42.580869731696%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 10.67mg, Malvidin: 10.67mg, Malvidin: 10.67mg,

Malvidin: 10.67mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 488.4kcal (24.42%), Fat: 29.97g (46.11%), Saturated Fat: 16.91g (105.67%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 29.6g (10.76%), Sugar: 1.44g (1.6%), Cholesterol: 453.04mg (151.01%), Sodium: 253.83mg (11.04%), Alcohol: 1.72g (100%), Alcohol %: 0.91% (100%), Protein: 22.56g (45.13%), Vitamin B12: 16.63µg (277.19%), Copper: 5.11mg (255.42%), Vitamin A: 12478.86IU (249.58%), Folate: 606.18µg (151.54%), Vitamin B2: 1.87mg (109.86%), Selenium: 55.71µg (79.58%), Vitamin B5: 6.36mg (63.63%), Iron: 10.18mg (56.53%), Vitamin B3: 10.16mg (50.81%), Vitamin B6: 0.93mg (46.44%), Vitamin C: 29.36mg (35.59%), Phosphorus: 340.58mg (34.06%), Manganese: 0.53mg (26.52%), Vitamin B1: 0.34mg (22.99%), Zinc: 2.89mg (19.25%), Potassium: 451.19mg (12.89%), Magnesium: 33.02mg (8.25%), Vitamin E: 1.16mg (7.76%), Calcium: 64.87mg (6.49%), Fiber: 0.97g (3.89%), Vitamin D: 0.49µg (3.26%), Vitamin K: 1.49µg (1.42%)