



 **80%**
HEALTH SCORE

Chicken Liver Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 slices bacon cut in small strips
- 2 servings balsamic vinegar
- 2 servings boston lettuce cut in small pieces
- 1 pound chicken livers
- 2 servings olive oil
- 1 onion chopped
- 2 servings salt and pepper

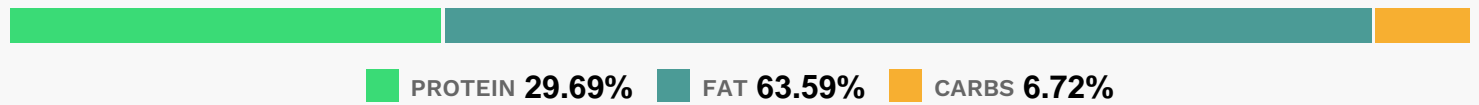
Equipment

frying pan

Directions

- Saut` the onion and the bacon with the olive oil in a large skillet, over medium high heat. When the bacon is slightly crisp add the chicken livers. Stir well.
- Add the balsamic vinegar and continue to cook slowly.
- Add more vinegar if necessary.
- Serve warm over a bed of lettuce.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:56.511739130435%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 613.34kcal (30.67%), Fat: 42.48g (65.35%), Saturated Fat: 11.35g (70.94%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.16g (3.33%), Sugar: 4.73g (5.26%), Cholesterol: 811.49mg (270.5%), Sodium: 652.31mg (28.36%), Protein: 44.62g (89.25%), Vitamin B12: 37.82µg (630.38%), Vitamin A: 25174.98IU (503.5%), Folate: 1344.74µg (336.19%), Vitamin B2: 4.08mg (240.21%), Selenium: 132.96µg (189.94%), Vitamin B5: 14.45mg (144.5%), Vitamin B3: 23.9mg (119.5%), Iron: 20.89mg (116.07%), Vitamin B6: 2.12mg (105.92%), Phosphorus: 756.26mg (75.63%), Copper: 1.16mg (58.01%), Vitamin B1: 0.84mg (55.94%), Vitamin C: 44.7mg (54.19%), Zinc: 6.68mg (44.56%), Manganese: 0.68mg (33.87%), Vitamin E: 3.81mg (25.37%), Potassium: 709.53mg (20.27%), Magnesium: 55.93mg (13.98%), Vitamin K: 9.67µg (9.21%), Calcium: 37.92mg (3.79%), Fiber: 0.95g (3.78%), Vitamin D: 0.18µg (1.17%)