



HEALTH SCORE

100%

Chicken Liver Salad a la Michele Lamy



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 slice bacon roughly chopped ()
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup cherry tomatoes halved ()
- ☐ 1 pound chicken livers rinsed trimmed halved (, and)
- ☐ 1 cup croutons toasted
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoon flat parsley roughly chopped
- ☐ 2 servings kosher salt as needed

- ☐ 6 cup salad greens mixed loosely packed (choose bold flavors and textures such as frisee, mustard, and spinach)
- ☐ 1 tablespoon olive oil
- ☐ 2 servings freshly cracked pepper black as needed
- ☐ 2 tablespoon red wine vinegar

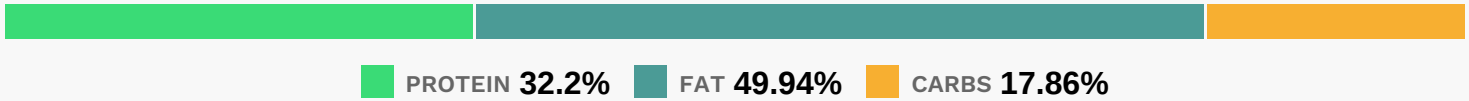
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Arrange the salad greens in the middle of a large serving plate or bowl.
- ☐ Heat olive oil in a large sauté pan or cast iron skillet set over medium heat.
- ☐ Add bacon and onion, and saute, stirring frequently, until bacon is crisp and onion is golden, about 10 minutes.
- ☐ Remove to a small bowl, using a slotted spoon leaving as much fat in the pan as possible; set aside.Raise the heat to medium high, once the oil gets hot add the chicken livers to the pan; they should sizzle. Sauté until browned on the outside and slightly pink on the inside, about 2–3 minutes per side.
- ☐ Remove the pan from the heat.
- ☐ Add the reserved bacon mixture, tomatoes, parsley, balsamic vinegar, red wine vinegar and Dijon; quickly toss to combine. Season with salt and pepper as needed.Dump the entire contents of the pan on top of the prepared greens, drizzling the dressing from the pan. Top with croutons and serve warm.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:10.18, Inflammation Score:-10, Nutrition Score:63.675217270851%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 600.2kcal (30.01%), Fat: 32.5g (49.99%), Saturated Fat: 9.17g (57.34%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 24.37g (8.86%), Sugar: 6.76g (7.51%), Cholesterol: 804.23mg (268.08%), Sodium: 810.8mg (35.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.14g (94.28%), Vitamin B12: 37.77µg (629.46%), Vitamin A: 27207.03IU (544.14%), Folate: 1414.07µg (353.52%), Vitamin B2: 4.19mg (246.2%), Selenium: 139.5µg (199.29%), Vitamin B5: 14.66mg (146.64%), Iron: 23.11mg (128.41%), Vitamin B3: 25.36mg (126.79%), Vitamin C: 90.85mg (110.12%), Vitamin B6: 2.19mg (109.51%), Phosphorus: 823.85mg (82.38%), Vitamin K: 72.18µg (68.74%), Copper: 1.29mg (64.64%), Vitamin B1: 0.96mg (63.79%), Manganese: 1.01mg (50.56%), Zinc: 7.06mg (47.05%), Potassium: 1050.78mg (30.02%), Vitamin E: 3.21mg (21.41%), Magnesium: 81.81mg (20.45%), Calcium: 75.37mg (7.54%), Fiber: 1.77g (7.07%)