



Chicken-Liver Salad with Hot Bacon Dressing and Croutons

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1069 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 1.5 pounds bread country-style cut into 1/2-inch cubes (3 cups)
- ☐ 1 pound chicken livers cut in half
- ☐ 2 large heads frisée cut into 2-inch pieces (1 1/2 quarts)
- ☐ 1 teaspoon ground allspice
- ☐ 4 servings fresh-ground pepper black
- ☐ 7 tablespoons olive oil

- ☐ 1 onion red chopped
- ☐ 0.8 teaspoon salt
- ☐ 3.5 tablespoons red-wine vinegar

Equipment

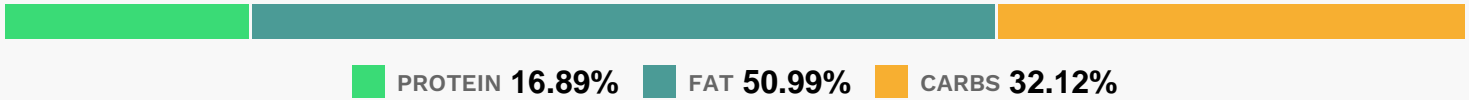
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ measuring cup

Directions

- ☐ Heat the oven to 35
- ☐ Toss the bread cubes with 2 tablespoons of the oil and put on a large baking sheet.
- ☐ Bake, stirring once or twice, until the bread cubes are crisp and golden brown, about 15 minutes.
- ☐ Let the croutons cool.
- ☐ In a large bowl, combine the frise, onion, 1/2 teaspoon of the salt, and 1/4 teaspoon pepper.
- ☐ In a large nonstick frying pan, cook the bacon until crisp.
- ☐ Remove the bacon and pour the fat into a measuring cup.
- ☐ Add enough of the oil to make 1/2 cup and reserve for Step
- ☐ Wipe out the pan.
- ☐ Heat 1 1/2 tablespoons of the oil in the pan over moderately high heat. Season the chicken livers with the allspice, the remaining 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Put the livers in the pan, in two batches if necessary, and cook 2 minutes. Turn and cook until browned, about 2 minutes longer. The livers should still be pink inside.
- ☐ Remove the livers from the pan and put in a warm spot.
- ☐ Wipe out the pan.
- ☐ Add the reserved 1/2 cup fat and the bacon to the pan.

- ☐ Heat over moderately high heat until the bacon is sizzling.
- ☐ Pour the hot bacon and fat over the salad and toss. Toss in the vinegar and then the croutons.
- ☐ Put the salad on plates and top with the livers.
- ☐ Wine Recommendation: Dishes that straddle the line between salad and meat need particularly flexible wines. Light-bodied reds that are low in tannin, to avoid a clash with the vinegar, can work well; try a Bardolino. Just about any dry ros wine would also be good.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:44.03, Inflammation Score:-10, Nutrition Score:59.040869495143%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 1069.2kcal (53.46%), Fat: 60.26g (92.71%), Saturated Fat: 13.9g (86.9%), Carbohydrates: 85.4g (28.47%), Net Carbohydrates: 77.98g (28.36%), Sugar: 10.92g (12.13%), Cholesterol: 428.64mg (142.88%), Sodium: 1699.72mg (73.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.8%), Vitamin B12: 19.08µg (318.08%), Vitamin A: 12619IU (252.38%), Folate: 817.34µg (204.33%), Selenium: 122.46µg (174.94%), Vitamin B2: 2.5mg (147.01%), Manganese: 2.4mg (119.76%), Vitamin B3: 22.87mg (114.35%), Iron: 16.86mg (93.65%), Vitamin B5: 8.82mg (88.19%), Vitamin B1: 1.22mg (81%), Vitamin B6: 1.34mg (67.09%), Phosphorus: 647.85mg (64.78%), Copper: 0.85mg (42.57%), Zinc: 5.53mg (36.84%), Vitamin E: 4.91mg (32.71%), Fiber: 7.42g (29.7%), Vitamin C: 23.06mg (27.95%), Magnesium: 102.37mg (25.59%), Vitamin K: 24.85µg (23.66%), Calcium: 236.4mg (23.64%), Potassium: 667.17mg (19.06%), Vitamin D: 0.23µg (1.51%)