



## Chicken Liver Skewers

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.8 pound chicken livers separated rinsed trimmed
- 1 tablespoon juice of lemon fresh
- 8 servings lemon wedges
- 1 tablespoon olive oil
- 0.5 cup radishes thinly sliced
- 8 sprigs rosemary (5-inch)
- 2 tablespoons butter unsalted divided
- 0.8 cup milk whole

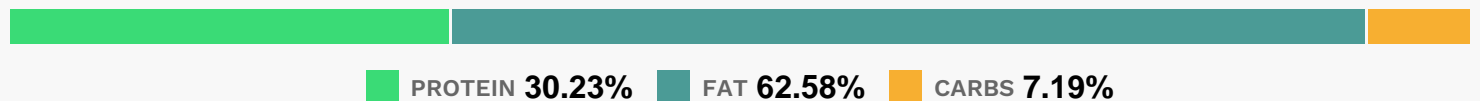
## Equipment

- frying pan
- skewers

## Directions

- Soak livers in milk, chilled, 1 hour.
- Drain, then rinse and pat dry. Season with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Remove rosemary leaves from sprigs, leaving a small bunch at top of sprig. Thread livers (1 if large, 2 if smaller) onto rosemary sprigs.
- Heat 1 tablespoon butter and oil in a 12-inch heavy skillet over medium heat until foam subsides. Cook livers on skewers, turning once, until golden and just cooked through, 5 to 6 minutes total.
- Transfer to a platter.
- Pour off fat from skillet, then stir remaining tablespoon butter, radishes, and lemon juice into skillet. Spoon over livers.
- Fontaleoni Vernaccia diSan Gimignano '07

## Nutrition Facts



## Properties

Glycemic Index:20.69, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:22.233043292294%

## Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 107.09kcal (5.35%), Fat: 7.4g (11.39%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.31g (1.45%), Cholesterol: 156.98mg (52.33%), Sodium: 42.22mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Vitamin B12: 7.18µg (119.67%), Vitamin A: 4839.33IU (96.79%), Folate: 252.75µg (63.19%), Vitamin B2: 0.79mg (46.62%), Selenium: 23.74µg (33.92%), Vitamin B5: 2.76mg (27.56%), Iron: 3.89mg (21.64%), Vitamin B3: 4.18mg (20.92%), Vitamin B6: 0.39mg (19.27%), Phosphorus: 152.07mg (15.21%), Vitamin C: 10mg (12.12%), Copper: 0.21mg (10.74%), Vitamin B1: 0.14mg (9.66%), Zinc: 1.26mg (8.38%), Manganese: 0.12mg (5.84%), Potassium: 154.13mg (4.4%), Vitamin E: 0.65mg (4.31%), Calcium: 35.86mg (3.59%), Magnesium: 12.03mg (3.01%), Vitamin D: 0.3µg (2.03%), Vitamin K: 1.46µg (1.39%)