

Chicken Livers Fandango

 Dairy Free

READY IN



405 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon
- 4.5 ounce mushrooms drained sliced canned
- 1 pound chicken livers trimmed cut into bite sized pieces
- 1 cup chicken stock see
- 10.8 ounce cream of mushroom soup canned
- 0.3 cup wine dry white
- 0.5 cup flour all-purpose for coating
- 3 spring onion chopped

0.3 teaspoon pepper

1 teaspoon salt

Equipment

bowl

frying pan

paper towels

slow cooker

Directions

In a medium bowl, mix together the flour, salt and pepper.

Place chicken livers into the seasoned flour, and toss to coat.

Place bacon in a large skillet over medium-high heat. Fry until browned and crisp.

Remove to paper towels to drain. Shake off excess flour from the livers, and fry in the bacon grease along with the green onions until lightly browned on the outside.

Pour the chicken stock into the skillet, and stir to scrape up any bits of goodness from the bottom.

Transfer the mixture to a slow cooker, and crumble in the bacon. Stir in the golden mushroom soup, mushrooms and white wine. Cover, and cook on Low for 4 to 6 hours. Thicken the gravy with flour if desired before serving.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:45.781739582186%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg,

Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin:
0.97mg

Nutrients (% of daily need)

Calories: 352.17kcal (17.61%), Fat: 14.84g (22.83%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 21.8g (7.27%), Net
Carbohydrates: 20.19g (7.34%), Sugar: 2.09g (2.32%), Cholesterol: 407.72mg (135.91%), Sodium: 1535.17mg
(66.75%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 28.68g (57.37%), Vitamin B12: 19.01µg (316.76%),
Vitamin A: 12660.56IU (253.21%), Folate: 713.47µg (178.37%), Vitamin B2: 2.22mg (130.58%), Selenium: 73.23µg
(104.62%), Vitamin B5: 7.65mg (76.47%), Vitamin B3: 14.82mg (74.12%), Iron: 12.09mg (67.16%), Vitamin B6: 1.12mg
(55.9%), Phosphorus: 443mg (44.3%), Copper: 0.86mg (42.86%), Vitamin B1: 0.58mg (38.88%), Manganese: 0.7mg
(35.15%), Zinc: 4.54mg (30.26%), Vitamin C: 22.11mg (26.8%), Vitamin K: 19.06µg (18.15%), Potassium: 547.62mg
(15.65%), Magnesium: 43.01mg (10.75%), Fiber: 1.61g (6.42%), Vitamin E: 0.95mg (6.31%), Calcium: 29.34mg (2.93%)