



## Chicken Livers Marsala

READY IN



25 min.

SERVINGS



16

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 8 slices bread
- 1 tablespoon butter
- 3 tablespoons butter or as needed softened
- 1 pound chicken livers fresh halved
- 0.5 teaspoon sage dried
- 0.3 cup marsala wine
- 2 slices pancetta diced
- 0.5 teaspoon salt

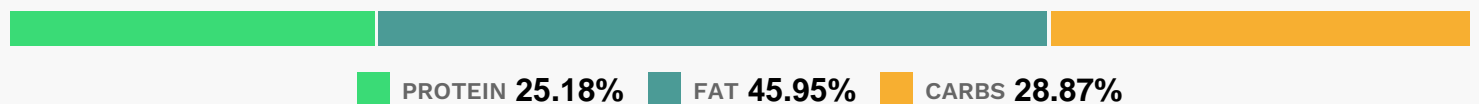
## Equipment

- frying pan
- wooden spoon

## Directions

- Heat a large skillet over medium heat.
- Spread softened butter evenly over both sides of each bread slice.
- Cook bread slices in hot skillet until browned, 2 to 3 minutes per side.
- Cut grilled bread diagonally into 2 triangles.
- Melt 1/4 cup butter in a skillet over medium heat; cook and stir chicken livers, prosciutto, sage, salt, and pepper in melted butter until the livers begin to firm, about 5 minutes.
- Remove chicken liver mixture from the skillet.
- Top each bread triangle with a portion of the chicken liver mixture.
- Pour Marsala wine into the skillet and bring to a boil while scraping the browned bits of food from the bottom of the skillet with a wooden spoon; simmer 3 minutes.
- Cook and stir 1 tablespoon butter in the Marsala wine mixture until melted; drizzle over the chicken liver topping.

## Nutrition Facts



## Properties

Glycemic Index:11.92, Glycemic Load:3.58, Inflammation Score:-9, Nutrition Score:16.569999934458%

## Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 107.45kcal (5.37%), Fat: 5.24g (8.06%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.84g (2.49%), Sugar: 1.1g (1.22%), Cholesterol: 105.99mg (35.33%), Sodium: 188.49mg (8.2%), Alcohol: 0.57g (100%), Alcohol %: 1.43% (100%), Protein: 6.46g (12.92%), Vitamin B12: 4.71µg (78.52%), Vitamin A: 3229.03IU (64.58%), Folate: 178.71µg (44.68%), Vitamin B2: 0.54mg (31.89%), Selenium: 19.77µg (28.24%), Vitamin B5: 1.89mg (18.93%), Vitamin B3: 3.59mg (17.95%), Iron: 3.07mg (17.06%), Vitamin B6: 0.26mg (13.02%), Manganese: 0.25mg (12.4%), Phosphorus: 104.93mg (10.49%), Vitamin B1: 0.15mg (9.84%), Copper: 0.16mg (8.14%), Vitamin C: 5.1mg (6.19%), Zinc: 0.92mg (6.14%), Magnesium: 11.72mg (2.93%), Potassium: 91.68mg (2.62%), Fiber: 0.57g (2.28%), Calcium: 21.19mg (2.12%), Vitamin E: 0.31mg (2.07%)