



Chicken livers on toast

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 250 g chicken livers
- ☐ 2 shallots finely chopped
- ☐ 1 large handful flatleaf parsley roughly chopped
- ☐ 1 tbsp capers rinsed drained roughly chopped
- ☐ 2 tbsp olive oil
- ☐ 3 tbsp sherry vinegar
- ☐ 4 slices nice bread such as sourdough
- ☐ 1 tbsp flour plain

☐ 1 large pinch cayenne pepper

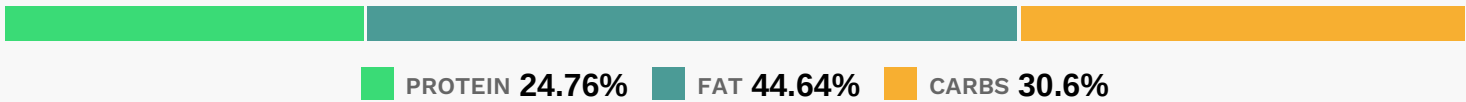
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toaster

Directions

- ☐ Pick over the livers, cutting away any fatty bits and sinew, then pat the livers dry.
- ☐ Place the shallot, parsley and capers into a bowl and drizzle with half the olive oil and 1 tbsp of the Sherry vinegar.
- ☐ Toast the bread (preferably on a griddle but a toaster is fine). Toss the livers in the flour and cayenne pepper, and season generously with salt and pepper.
- ☐ Heat the rest of the oil in a frying pan and fry the livers over a really high heat for 4–5 mins until brown and crisp on the outside and cooked, but still a little pink in the middle. Splash remaining vinegar into the pan and bubble down for 1 min.
- ☐ Tip the contents of the pan in with the shallot and parsley, toss everything together, season to taste, then pile onto the toasted bread. Season with a little crunchy sea salt and serve.

Nutrition Facts



Properties

Glycemic Index:56.92, Glycemic Load:8.7, Inflammation Score:-10, Nutrition Score:33.100434780121%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 231.86kcal (11.59%), Fat: 11.35g (17.46%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 15.82g (5.75%), Sugar: 2.61g (2.9%), Cholesterol: 215.63mg (71.88%), Sodium: 239.49mg (10.41%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.33%), Vitamin B12: 10.36µg (172.71%), Vitamin A: 7022.42IU (140.45%), Folate: 401.02µg (100.26%), Vitamin B2: 1.2mg (70.46%), Selenium: 43µg (61.43%), Vitamin B5: 4.17mg (41.74%), Iron: 7.05mg (39.18%), Vitamin B3: 7.81mg (39.05%), Vitamin B6: 0.61mg (30.51%), Manganese: 0.55mg (27.57%), Phosphorus: 233.03mg (23.3%), Vitamin B1: 0.33mg (21.95%), Vitamin K: 22.64µg (21.56%), Copper: 0.37mg (18.67%), Vitamin C: 13.74mg (16.66%), Zinc: 2.04mg (13.63%), Vitamin E: 1.54mg (10.26%), Magnesium: 28.09mg (7.02%), Potassium: 238.32mg (6.81%), Fiber: 1.68g (6.72%), Calcium: 47.92mg (4.79%)