



Chicken Livers with Caramelized Onions and Madeira



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chicken livers cut in half
- ☐ 3 tablespoons cooking oil
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 hardboiled eggs chopped
- ☐ 0.5 cup madeira wine
- ☐ 4 cups onion sliced thin

☐ 0.8 teaspoon salt

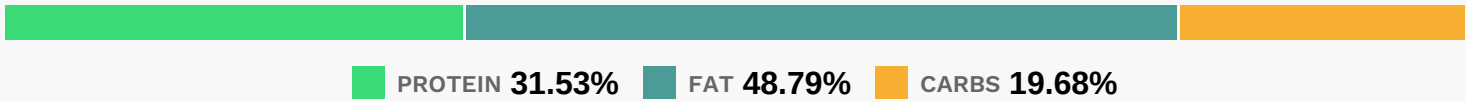
Equipment

☐ frying pan

Directions

- ☐ In a large frying pan, heat 2 tablespoons of the oil over moderate heat.
- ☐ Add the onions, 1/2 teaspoon of the salt, and 1/8 teaspoon of the pepper. Cook, stirring frequently, until the onions are well browned, about 15 minutes.
- ☐ Remove the onions from the pan and put on a serving platter or individual plates.
- ☐ In the same frying pan, heat the remaining 1 tablespoon oil over moderately high heat. Season the chicken livers with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Put the livers in the pan, in two batches if necessary, and cook for 2 minutes. Turn and cook until browned, about 2 minutes longer. The livers should still be pink inside.
- ☐ Remove the chicken livers from the pan and put them on top of the onions.
- ☐ Return the pan to the heat and add the Madeira. Boil rapidly, scraping the bottom of the pan to dislodge any brown bits, for 1 minute.
- ☐ Pour the sauce over the livers and the onions. Top with the egg and parsley.
- ☐ Variations:: Chicken Livers with Caramelized Onions and Sherry Use 1/2 cup of dry sherry instead of the Madeira.
- ☐ Chicken Livers with Caramelized Onions and Port: Use 1/2 cup of port instead of the Madeira.
- ☐ Wine Recommendation: The rich and luscious Madeira sauce is ideal with fruity, spicy grenache-based wines. A Gigondas or a Ctes-du-Rhne from the Rhne Valley in France or a bottle of grenache from California would be appropriate.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:49.885217609613%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 32.5mg, Quercetin: 32.5mg, Quercetin: 32.5mg, Quercetin: 32.5mg

Nutrients (% of daily need)

Calories: 370.51kcal (18.53%), Fat: 18.85g (29%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 14.29g (5.2%), Sugar: 7.23g (8.03%), Cholesterol: 535.65mg (178.55%), Sodium: 561.21mg (24.4%), Alcohol: 3.09g (100%), Alcohol %: 1.09% (100%), Protein: 27.41g (54.82%), Vitamin B12: 23.64µg (394.01%), Vitamin A: 15940.17IU (318.8%), Folate: 872.74µg (218.18%), Vitamin B2: 2.63mg (154.96%), Selenium: 82.08µg (117.26%), Vitamin B5: 9.23mg (92.3%), Iron: 13.45mg (74.72%), Vitamin B6: 1.43mg (71.67%), Vitamin B3: 14.04mg (70.21%), Phosphorus: 495.65mg (49.56%), Vitamin C: 39.87mg (48.33%), Vitamin K: 41.29µg (39.32%), Copper: 0.77mg (38.38%), Vitamin B1: 0.52mg (34.5%), Manganese: 0.63mg (31.32%), Zinc: 4.25mg (28.32%), Vitamin E: 3.01mg (20.05%), Potassium: 609.5mg (17.41%), Magnesium: 48.41mg (12.1%), Fiber: 2.82g (11.27%), Calcium: 60.67mg (6.07%), Vitamin D: 0.28µg (1.83%)