



Chicken Livers with Marsala and Jicama

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds chicken livers trimmed cut into 2-inch pieces well
- 2 teaspoons tarragon fresh chopped
- 2 teaspoons juice of lemon fresh
- 0.3 cup marsala wine dry
- 1 tablespoon olive oil
- 4 servings salt and pepper freshly ground
- 3 large shallots thinly sliced
- 2 tablespoons tomato paste dissolved in 1/2 cup water

1 tablespoon butter unsalted

1 cup by

Equipment

frying pan

Directions

Heat 1/2 tablespoon of the oil in a large nonreactive skillet.

Add half of the chicken livers in a single layer, season with salt and pepper and cook over high heat, turning once, until well browned and medium-rare to medium, about 2 minutes per side.

Add 1 tablespoon of the Marsala and cook until reduced to a thin glaze.

Transfer the livers to a plate. Repeat the process with the remaining 1/2 tablespoon oil, remaining livers and 1 more tablespoon of the Marsala. Reduce the heat to moderately high if the livers start to burn.

Melt the butter in the skillet.

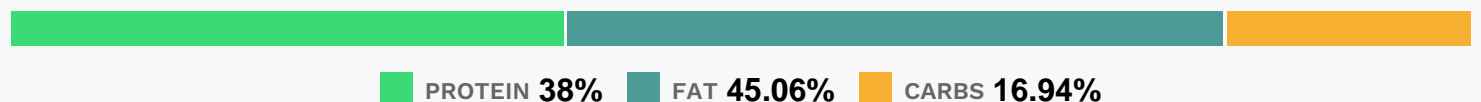
Add the shallots and cook over moderate heat, stirring, until softened, about 4 minutes. Increase the heat to moderately high, add the remaining 1/4 cup Marsala and boil, scraping the skillet to loosen any browned bits, until reduced by half, about 1 minute.

Add the tomato paste and boil until slightly thickened, about 2 minutes.

Return the chicken livers to the skillet and season with the tarragon, lemon juice, salt and pepper. Simmer to heat through, then transfer to a platter. Scatter the jicama sticks on top and serve.

Serve With: Buttered fettuccine or wide egg noodles.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:46.796956366819%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 284.62kcal (14.23%), Fat: 13.35g (20.54%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 8.69g (3.16%), Sugar: 4.27g (4.74%), Cholesterol: 496.55mg (165.52%), Sodium: 363.63mg (15.81%), Alcohol: 2.3g (100%), Alcohol %: 1.28% (100%), Protein: 25.33g (50.66%), Vitamin B12: 23.51µg (391.8%), Vitamin A: 15961.99IU (319.24%), Folate: 848.06µg (212.01%), Vitamin B2: 2.56mg (150.78%), Selenium: 78.43µg (112.04%), Vitamin B5: 8.96mg (89.57%), Iron: 13.78mg (76.58%), Vitamin B3: 14.26mg (71.31%), Vitamin B6: 1.33mg (66.5%), Phosphorus: 450.25mg (45.03%), Vitamin C: 36.66mg (44.43%), Copper: 0.77mg (38.67%), Vitamin B1: 0.46mg (30.72%), Manganese: 0.56mg (27.92%), Zinc: 4.02mg (26.78%), Potassium: 566mg (16.17%), Vitamin E: 2.08mg (13.88%), Magnesium: 43.17mg (10.79%), Fiber: 2.6g (10.41%), Calcium: 38.79mg (3.88%), Vitamin K: 3.51µg (3.34%)