



Chopped Chicken Liver a la Jennie Grossinger

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound chicken livers rinsed
- 3 hard-cooked egg yolks
- 2 onions diced
- 2 tablespoons rendered chicken fat
- 1 teaspoon salt

Equipment

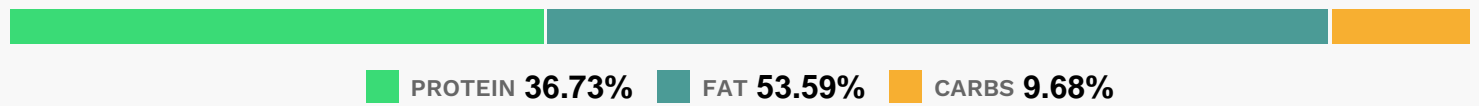
- food processor

frying pan

Directions

- Heat 2 tablespoons chicken fat in a large skillet over medium-low heat and cook onions, stirring often, until browned, about 20 minutes.
- Transfer onions to a food processor, leaving fat in the skillet. Cook chicken livers in hot skillet until firm, lighter in color, and no longer red in the centers, about 10 minutes.
- Place livers into food processor with onions and add 2 more tablespoons chicken fat, egg yolks, salt, and black pepper. Process until smooth, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:27.59869578092%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 136.49kcal (6.82%), Fat: 7.95g (12.23%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.75g (1%), Sugar: 1.38g (1.53%), Cholesterol: 268.27mg (89.42%), Sodium: 355.3mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.52%), Vitamin B12: 9.61µg (160.15%), Vitamin A: 6379.51IU (127.59%), Folate: 346.88µg (86.72%), Vitamin B2: 1.11mg (65.4%), Selenium: 36.88µg (52.69%), Vitamin B5: 3.83mg (38.31%), Iron: 5.39mg (29.93%), Vitamin B3: 5.56mg (27.8%), Vitamin B6: 0.54mg (26.98%), Phosphorus: 208.72mg (20.87%), Vitamin C: 12.18mg (14.77%), Copper: 0.29mg (14.66%), Vitamin B1: 0.2mg (13.2%), Zinc: 1.76mg (11.73%), Manganese: 0.19mg (9.68%), Potassium: 195.07mg (5.57%), Vitamin E: 0.68mg (4.55%), Magnesium: 15.51mg (3.88%), Vitamin D: 0.57µg (3.77%), Calcium: 20.69mg (2.07%), Fiber: 0.48g (1.93%)