

 **100%**
HEALTH SCORE

Chopped Liver

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**

READY IN



45 min.

SERVINGS



3

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb chicken livers
- 2 tbsp parsley fresh minced for garnish
- 5 hardboiled eggs diced divided peeled ()
- 1 large onion coarsely chopped
- 3 servings salt and pepper black to taste
- 0.3 cup vegetable oil divided

Equipment

- food processor

Directions

- Save Recipe
- Print Recipe
- Chopped Liver
- Ingredients 1 1/2 lb chicken livers 1/4 cup schmaltz or vegetable oil, divided 1 large onion, coarsely chopped 5 hardboiled eggs, peeled and diced (divided) Salt and black pepper to taste 1/2 cup gribenes (optional) 2 tbsp minced fresh parsley for garnish (optional) You will also need skillet, food processor
- Servings: 3-4 cups of chopped liver (about 16 appetizer portions)
- Kosher Key: Meat - please see note about koshering livers

Nutrition Facts

PROTEIN 34.73% **FAT 60.06%** **CARBS 5.21%**

Properties

Glycemic Index:19.67, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:60.299999879754%

Flavonoids

Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 580.56kcal (29.03%), Fat: 38.03g (58.51%), Saturated Fat: 9.06g (56.64%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.49g (2.36%), Sugar: 3.07g (3.42%), Cholesterol: 1093.28mg (364.43%), Sodium: 461.57mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.48g (98.96%), Vitamin B12: 38.53µg (642.13%), Vitamin A: 25772.22IU (515.44%), Folate: 1383.58µg (345.89%), Vitamin B2: 4.48mg (263.29%), Selenium: 149.75µg (213.93%), Vitamin B5: 15.37mg (153.73%), Iron: 21.65mg (120.27%), Vitamin B3: 22.21mg (111.04%), Vitamin B6: 2.1mg (104.88%), Phosphorus: 832.89mg (83.29%), Vitamin K: 75.41µg (71.81%), Vitamin C: 47.67mg (57.78%), Copper: 1.15mg (57.5%), Vitamin B1: 0.77mg (51.46%), Zinc: 7.04mg (46.95%), Manganese: 0.67mg (33.45%), Vitamin E: 3.96mg (26.41%), Potassium: 713.71mg (20.39%), Magnesium: 57.7mg (14.42%), Vitamin D: 1.83µg (12.22%), Calcium: 74.93mg (7.49%), Fiber: 0.93g (3.73%)