



## Chopped Liver the Real Mccoy

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

READY IN



180 min.

SERVINGS



3

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds beef liver rinsed
- 1 pound chicken livers rinsed
- 2 tablespoons corn oil
- 4 eggs
- 0.5 teaspoon ground pepper black
- 4 cups onion chopped
- 1 tablespoon rendered chicken fat
- 2 teaspoons salt

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- broiler

## Directions

- Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- Pour out the hot water, then cool the eggs under cold running water in the sink. Peel once cold.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Coat beef and chicken livers with 2 tablespoons of corn oil then spread livers on a baking sheet. Broil in the preheated oven until brown on the top, 8 to 10 minutes. Flip the livers and continue to broil until the livers are no longer pink in the center and juices run clear, about 5 minutes.
- Place livers in a bowl and chill in the refrigerator.
- Heat 2 tablespoons of chicken fat and 2 tablespoons corn oil in a large skillet over medium-high heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 10 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- Place onion in a bowl; cover and refrigerate until chilled.
- Finely chop the chilled beef and chicken livers, chilled onions, and hardboiled eggs together, then place in a bowl. Stir in the remaining 1 tablespoon of chicken fat. Season with salt and pepper. Refrigerate until ready to serve.

## Nutrition Facts



■ PROTEIN 42.77% ■ FAT 41.23% ■ CARBS 16%

## Properties

Glycemic Index:19.67, Glycemic Load:4.44, Inflammation Score:-10, Nutrition Score:67.28391274162%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg, Isorhamnetin: 10.69mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 43.31mg, Quercetin: 43.31mg, Quercetin: 43.31mg, Quercetin: 43.31mg

## Nutrients (% of daily need)

Calories: 777.07kcal (38.85%), Fat: 34.93g (53.74%), Saturated Fat: 9.11g (56.94%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 26.78g (9.74%), Sugar: 9.26g (10.29%), Cholesterol: 1367.19mg (455.73%), Sodium: 1906.07mg (82.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.53g (163.06%), Vitamin B12: 160.08µg (2668.01%), Copper: 23mg (1149.95%), Vitamin A: 55396.56IU (1107.93%), Vitamin B2: 9.26mg (544.87%), Folate: 1614.91µg (403.73%), Selenium: 191.7µg (273.85%), Vitamin B5: 26.86mg (268.59%), Vitamin B3: 44.88mg (224.42%), Vitamin B6: 4.1mg (205.13%), Phosphorus: 1505.31mg (150.53%), Iron: 26.23mg (145.7%), Zinc: 14.24mg (94.91%), Manganese: 1.43mg (71.34%), Vitamin B1: 1.01mg (67.45%), Vitamin C: 45.8mg (55.51%), Potassium: 1454.8mg (41.57%), Vitamin D: 4.1µg (27.33%), Vitamin E: 4.08mg (27.22%), Magnesium: 98.53mg (24.63%), Fiber: 3.71g (14.84%), Vitamin K: 12.54µg (11.95%), Calcium: 107.79mg (10.78%)