

health-score 78%
HEALTH SCORE

Citrus Marmalade-Glazed Chicken Livers with Roasted Potatoes and Crispy Brussels Sprouts

☒ Gluten Free ☒ Very Healthy

READY IN

ready

130 min.

SERVINGS

servings

4

CALORIES

calories

985 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound brussels sprouts sliced thin
- ☐ 3 strips canadian bacon chopped
- ☐ 1 pound chicken livers
- ☐ 1 tablespoon thyme leaves fresh divided finely chopped
- ☐ 1 cup granulated sugar
- ☐ 6 ruby grapefruits red peeled thinly sliced

- ☐ 4 servings kosher salt and pepper black freshly ground to taste
- ☐ 3 tablespoons olive oil divided
- ☐ 6 potatoes red quartered
- ☐ 0.3 cup rice wine vinegar
- ☐ 3 tablespoons butter unsalted divided
- ☐ 1 cup cooking wine sweet dry (recommended: German Riesling)

Equipment

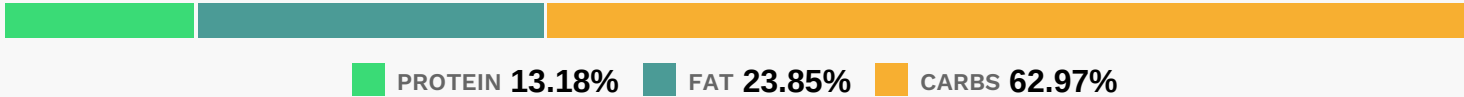
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Preheat the oven to 400 degrees F. Melt 1 tablespoon butter.
- ☐ On a baking sheet, toss the potatoes with the melted butter, 1/2 tablespoon olive oil, salt, pepper, and 1/2 tablespoon thyme.
- ☐ Put them in the oven for 30 minutes.
- ☐ Meanwhile, heat a large skillet and add 1 tablespoon oil.
- ☐ Add the chopped bacon and cook for a few minutes. You don't want to over-crisp the bacon before you add the livers. If the bacon gets too crisp before the livers go in just take it out and lay on a paper towel to drain. Season the livers with salt, and pepper, and add to the pan. We are looking for a great dark sear on each side so let the livers cook about 3 minutes per side.
- ☐ Put the livers on one side of pan and the bacon on the other. After the livers are cooked, add the marmalade and the remaining thyme and give it a good toss or stir. Turn off the heat and let stand. While the livers are resting, in another saute pan add 1 tablespoon oil and 1/2 tablespoon butter.

- ☐ Put the pan over high heat and when the butter starts to brown, add the sliced Brussels sprouts and spread out across the entire pan. Cook for 2 minutes, add salt, and pepper, and toss like a pancake or simply stir them up. The edges will start to brown and you'll get a deep nutty crispness.
- ☐ Place the Brussels sprouts down on a plate and lay the livers on top and then flank it with the new potatoes.
- ☐ Heat a large pot over medium heat and stir in the grapefruit sections, grapefruit peel, sugar, wine, and rice wine vinegar. Bring the mixture to a boil, then lower the heat and simmer for 90 minutes or until it's nice and thick.
- ☐ Transfer the mixture to a food processor or blender and quickly pulse. Do not fully puree it. Keep the mixture in a jar to use with meats or desserts.

Nutrition Facts



Properties

Glycemic Index:67.27, Glycemic Load:45.85, Inflammation Score:-10, Nutrition Score:68.640434824902%

Flavonoids

Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 129.07mg, Naringenin: 129.07mg, Naringenin: 129.07mg, Naringenin: 129.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 3.48mg, Luteolin: 3.48mg, Luteolin: 3.48mg, Luteolin: 3.48mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 985.1kcal (49.26%), Fat: 26.06g (40.1%), Saturated Fat: 8.9g (55.65%), Carbohydrates: 154.81g (51.6%), Net Carbohydrates: 138.66g (50.42%), Sugar: 83.46g (92.73%), Cholesterol: 414.17mg (138.06%), Sodium: 178.51mg (7.76%), Alcohol: 6.24g (100%), Alcohol %: 0.73% (100%), Protein: 32.41g (64.82%), Vitamin A: 18201.71IU (364.03%), Vitamin C: 266.77mg (323.36%), Vitamin B12: 18.82µg (313.74%), Folate: 845.13µg (211.28%), Vitamin K: 217.2µg (206.86%), Vitamin B2: 2.37mg (139.58%), Vitamin B6: 2mg (100.22%), Selenium: 66.51µg (95.01%), Vitamin B5: 9.36mg (93.62%), Iron: 15.05mg (83.64%), Vitamin B3: 16.51mg (82.57%), Potassium: 2751.97mg (78.63%), Phosphorus: 698.04mg (69.8%), Manganese: 1.33mg (66.74%), Fiber: 16.15g (64.62%), Vitamin B1: 0.94mg (62.5%), Copper: 1.21mg (60.5%), Magnesium: 162.55mg (40.64%), Zinc: 4.96mg (33.1%), Vitamin E: 4.08mg (27.21%), Calcium: 189.6mg (18.96%), Vitamin D: 0.18µg (1.19%)