



Crispy Deep-Fried Chicken Livers

READY IN



75 min.

SERVINGS



4

CALORIES



2432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup buttermilk
- 1 pound chicken livers
- 2 eggs beaten
- 0.5 cup flour
- 1 tablespoon hot sauce plus more for serving
- 4 servings kosher salt
- 1.5 cups panko bread crumbs
- 1 quart vegetable oil; peanut oil preferred

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sieve
- kitchen thermometer

Directions

- Trim the chicken livers of any connective tissue or fat, then cut the livers in half.
- Combine the buttermilk and 1 tablespoon of hot sauce in a medium bowl, then add the trimmed chicken livers. Marinate the chicken livers in the refrigerator for at least 1 hour.
- Drain the chicken livers in a fine-mesh sieve.
- Place the flour, eggs, and Panko into three separate medium bowls or shallow dishes. Dredge each liver in the flour, then in the egg, and finally in the panko.
- Place the breaded livers on a rimmed baking sheet or plate.
- Pour enough oil into a large heavy skillet to reach a depth of 1 inch.
- Heat the oil over moderately high heat until it reaches a temperature of 350°F on a deep-fry or instant read thermometer. Working in batches, place breaded livers in the hot oil and fry, turning occasionally, until golden and crisp, 3–4 minutes per side.
- Transfer the livers to a large platter lined with paper towels and season with salt.
- Serve the livers with additional hot sauce on the side.

Nutrition Facts

 PROTEIN 4.56%  **FAT 90.34%**  **CARBS 5.1%**

Properties

Glycemic Index:26.5, Glycemic Load:9.31, Inflammation Score:-10, Nutrition Score:49.157826185226%

Nutrients (% of daily need)

Calories: 2431.85kcal (121.59%), Fat: 247g (380.01%), Saturated Fat: 43.6g (272.48%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 29.91g (10.88%), Sugar: 3.76g (4.17%), Cholesterol: 478.01mg (159.34%), Sodium: 603.7mg (26.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.08%), Vitamin B12: 19.28µg (321.38%), Vitamin A: 12760.55IU (255.21%), Vitamin E: 38.23mg (254.88%), Folate: 732.23µg (183.06%), Vitamin B2: 2.36mg (139.1%), Selenium: 81.3µg (116.15%), Vitamin B5: 7.77mg (77.73%), Iron: 12.49mg (69.41%), Vitamin B3: 13.51mg (67.56%), Vitamin B6: 1.06mg (53%), Vitamin B1: 0.72mg (47.81%), Phosphorus: 472.96mg (47.3%), Copper: 0.67mg (33.3%), Manganese: 0.61mg (30.63%), Vitamin C: 22.73mg (27.55%), Zinc: 3.95mg (26.31%), Potassium: 417.46mg (11.93%), Calcium: 117.04mg (11.7%), Magnesium: 41.97mg (10.49%), Vitamin D: 1.02µg (6.83%), Fiber: 1.44g (5.78%), Vitamin K: 3.47µg (3.3%)