



Crostini Alla Fiorentina

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 fillet anchovy chopped
- 1 tablespoon butter or as needed
- 1 tablespoon capers
- 1 carrots chopped
- 1 teaspoon celery chopped
- 4 ounces chicken livers rinsed sliced into strips
- 2 tablespoons chicken stock see
- 2 tablespoons parsley fresh chopped

- 2 cloves garlic pressed
- 3 tablespoons olive oil
- 1 teaspoon onion chopped
- 4 ounces pork livers rinsed cut into strips
- 0.5 cup red wine
- 4 servings salt and pepper to taste
- 1 tablespoon tomato purée

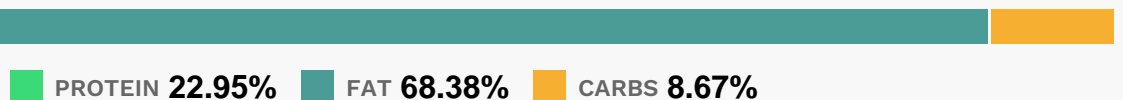
Equipment

- food processor
- frying pan
- immersion blender

Directions

- Heat the oil in a skillet over low heat.
- Add the onion, celery, carrot and garlic; cook and stir for about 5 minutes until onions are soft.
- Pat the chicken and lamb liver dry, and add to the skillet. Fry over low heat until all sides are browned.
- Pour the red wine over the liver, and let it vaporize for a minute. Stir in the tomato puree, half of the parsley, anchovies, chicken stock, salt and pepper. Cover, and simmer for about 20 minutes.
- Use a hand-held blender to puree the liver mixture. If you don't have one, transfer to a food processor, and process until smooth. Return to the skillet, and stir in the butter, capers and remaining parsley.

Nutrition Facts



Properties

Glycemic Index:58.21, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:31.272608632627%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 233.33kcal (11.67%), Fat: 16.07g (24.72%), Saturated Fat: 4.1g (25.63%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 3.89g (1.41%), Sugar: 1.3g (1.45%), Cholesterol: 192.69mg (64.23%), Sodium: 345.75mg (15.03%), Alcohol: 3.18g (100%), Alcohol %: 2.92% (100%), Protein: 12.13g (24.27%), Vitamin A: 12113IU (242.26%), Vitamin B12: 12.1µg (201.6%), Vitamin B2: 1.4mg (82.34%), Folate: 235.27µg (58.82%), Iron: 9.77mg (54.28%), Selenium: 32.06µg (45.81%), Vitamin K: 42.53µg (40.51%), Vitamin B3: 7.97mg (39.83%), Vitamin B5: 3.76mg (37.65%), Vitamin B6: 0.51mg (25.6%), Vitamin C: 16.87mg (20.45%), Phosphorus: 191.86mg (19.19%), Copper: 0.38mg (18.96%), Zinc: 2.6mg (17.31%), Manganese: 0.27mg (13.62%), Vitamin E: 2.03mg (13.52%), Vitamin B1: 0.19mg (12.62%), Potassium: 289.24mg (8.26%), Magnesium: 20.66mg (5.17%), Fiber: 0.69g (2.77%), Calcium: 25.55mg (2.56%)