



Crostini di Fegatini (Chicken Liver Crostini)

READY IN



25 min.

SERVINGS



8

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fillet anchovy finely chopped
- 1 crusty baguette sweet toasted sliced
- 0.3 teaspoon pepper black freshly ground
- 4 teaspoons capers drained finely chopped
- 8 ounces chicken livers trimmed
- 1 teaspoon sage fresh finely chopped (4 medium leaves)
- 1 teaspoon kosher salt
- 0.3 cup chicken broth low-sodium
- 2 tablespoons butter unsalted ()

- 1 teaspoon citrus champagne vinegar
- 0.5 medium onion yellow finely chopped
- 0.3 cup sherry dry

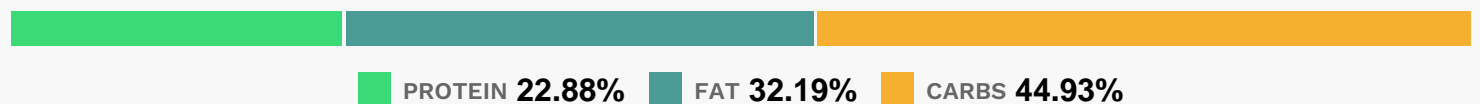
Equipment

- frying pan
- knife
- cutting board

Directions

- Place chopped anchovies on a cutting board and make a paste by dragging the side of a chef's knife across them at a 15-degree angle about 10 times or until smooth; set aside. Melt butter in a medium frying pan over medium heat until foaming.
- Add anchovy paste, onion, salt, and pepper and sauté until onion is softened but not browned, about 5 minutes. Increase heat to medium high, add chicken livers, and sauté, stirring occasionally, until livers are browned all over, about 3 to 4 minutes.
- Add Vin Santo or sherry and cook until most of the liquid has evaporated, about 2 minutes.
- Add chicken broth, capers, and sage and simmer, stirring occasionally, until almost all of the liquid has evaporated and the livers are cooked through, about 3 to 5 minutes.
- Remove from heat, transfer livers to a cutting board, and reserve onion mixture in the pan. When cool enough to handle, finely chop the livers until they're about the size of popcorn kernels. Return livers to the pan and stir in vinegar.
- Serve on toasted baguette slices.

Nutrition Facts



Properties

Glycemic Index:18.22, Glycemic Load:10.49, Inflammation Score:-9, Nutrition Score:20.126087016386%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 152.42kcal (7.62%), Fat: 5.2g (8%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 15.49g (5.63%), Sugar: 1.85g (2.05%), Cholesterol: 105.93mg (35.31%), Sodium: 536.73mg (23.34%), Alcohol: 0.77g (100%), Alcohol %: 1.07% (100%), Protein: 8.31g (16.63%), Vitamin B12: 4.72µg (78.71%), Vitamin A: 3230.38IU (64.61%), Folate: 201.95µg (50.49%), Copper: 0.95mg (47.53%), Vitamin B2: 0.62mg (36.23%), Selenium: 21.31µg (30.45%), Vitamin B3: 4.48mg (22.38%), Iron: 3.77mg (20.95%), Vitamin B5: 1.91mg (19.08%), Vitamin B1: 0.27mg (18.24%), Vitamin B6: 0.29mg (14.46%), Manganese: 0.27mg (13.52%), Phosphorus: 123.1mg (12.31%), Zinc: 1.06mg (7.09%), Vitamin C: 5.63mg (6.82%), Calcium: 42.57mg (4.26%), Magnesium: 16.42mg (4.11%), Potassium: 135.04mg (3.86%), Fiber: 0.84g (3.36%), Vitamin E: 0.39mg (2.58%), Vitamin K: 1.59µg (1.51%)