



 **59%**
HEALTH SCORE

Duck Liver Crostini Toscano with Spicy Cucumber Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



694 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 fillet anchovy dry rinsed
- 12 slices country bread italian
- 2 tablespoons capers rinsed drained
- 1 pound chicken livers
- 1 cup cooking wine dry red
- 1 large cucumber english
- 2 ounces olive oil extra virgin

- 1 medium onion red thinly sliced
- 1 teaspoon pepper flakes plus 1 tablespoon red crushed
- 1 ounce red wine vinegar
- 4 servings salt and pepper to taste
- 0.5 teaspoon sugar
- 4 tablespoons virgin olive oil

Equipment

- food processor
- frying pan
- mixing bowl
- grill

Directions

- In a 10-inch to 12-inch saute pan, heat oil slowly over medium heat.
- Add onion and cook slowly until soft but not brown (about 10 minutes).
- Add livers, capers, anchovy fillets and red pepper and cook until lightly browned (about 10 minutes).
- Add wine and cook until only 3 to 4 tablespoons of liquid remain.
- Pour liver mix into food processor and blend intermittently, leaving lumpy -- not smooth -- like a puree. Season with salt and pepper and remove to a small mixing bowl.
- Peel cucumber and remove seeds. Slice into 1/8-inch half moons and dress with oil, vinegar, sugar and season with salt and pepper.
- Grill or toast bread on both sides and spread 1 tablespoon duck liver mixture over each one. Divide among 4 plates.
- Place 2 tablespoons of cucumber mixture on each plate and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:22.35, Inflammation Score:-10, Nutrition Score:51.775217180667%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg

Nutrients (% of daily need)

Calories: 694.44kcal (34.72%), Fat: 37.77g (58.11%), Saturated Fat: 6.33g (39.58%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 44.04g (16.01%), Sugar: 7.78g (8.65%), Cholesterol: 392.42mg (130.81%), Sodium: 796.4mg (34.63%), Alcohol: 6.3g (100%), Alcohol %: 1.98% (100%), Protein: 29.58g (59.16%), Vitamin B12: 18.81µg (313.56%), Vitamin A: 12797.99IU (255.96%), Folate: 749.9µg (187.47%), Vitamin B2: 2.28mg (133.86%), Selenium: 87.35µg (124.79%), Vitamin B3: 16.2mg (80.98%), Vitamin B5: 8mg (80.03%), Iron: 13.9mg (77.2%), Manganese: 1.4mg (70.1%), Vitamin B6: 1.14mg (56.89%), Vitamin B1: 0.73mg (48.47%), Phosphorus: 477.07mg (47.71%), Copper: 0.75mg (37.44%), Vitamin E: 5.28mg (35.17%), Vitamin K: 35µg (33.33%), Vitamin C: 24.81mg (30.08%), Zinc: 4.17mg (27.8%), Fiber: 4.5g (18.02%), Magnesium: 71.66mg (17.91%), Potassium: 551.76mg (15.76%), Calcium: 139.42mg (13.94%)