



 **100%**  
HEALTH SCORE

## Fluffy Chopped Liver - Food Republic

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**105 min.**

SERVINGS



**1**

CALORIES



**2526 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds chicken livers (best quality)
- 4 tablespoons cooking fat melted
- 2 pounds onion diced red finely
- 8 hardboiled eggs
- 2 tablespoons parsley chopped
- 1 serving pepper black generous freshly ground to taste (and be )

### Equipment

- food processor

- frying pan
- oven
- mixing bowl
- roasting pan
- wooden spoon
- spatula

## Directions

- Place the livers in a small roasting pan.
- Pour on the melted fat and season with salt and pepper.
- Place in a 375 degree oven for 30 minutes or until the middle of the liver is no longer pink.
- In a large sauté pan add some additional chicken fat and sauté the red onions for 20–25 minutes until soft. Season the onions with salt and pepper.
- Place the roasted livers in the food processor and pulse on and off 10–12 times. Do not make it mushy — you want it to look like a very coarse grind.
- Place the livers in a mixing bowl and add the sautéed red onions and chopped eggs (reserve a 1/2 cup for garnish).
- Add the chopped fresh parsley and season with salt and pepper. Stir with a wooden spoon or plastic spatula gently to keep it fluffy. Chill until serving.
- When serving, scoop out onto cups of crisp lettuce leaves and garnish.
- Serve with plenty of cut rye bread.
- [Classic Latkes Recipe](#)
- [Potato Kugel Recipe](#)
- [Basic Charoset Recipe](#)

## Nutrition Facts



**PROTEIN 34.43%** **FAT 50.06%** **CARBS 15.51%**

## Properties

Glycemic Index:91, Glycemic Load:18.8, Inflammation Score:-10, Nutrition Score:88.896086817202%

## Flavonoids

Apigenin: 17.33mg, Apigenin: 17.33mg, Apigenin: 17.33mg, Apigenin: 17.33mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 45.45mg, Isorhamnetin: 45.45mg, Isorhamnetin: 45.45mg, Isorhamnetin: 45.45mg Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 184.18mg, Quercetin: 184.18mg, Quercetin: 184.18mg, Quercetin: 184.18mg

## Nutrients (% of daily need)

Calories: 2526.35kcal (126.32%), Fat: 138.33g (212.81%), Saturated Fat: 42.9g (268.11%), Carbohydrates: 96.4g (32.13%), Net Carbohydrates: 80.69g (29.34%), Sugar: 43.01g (47.79%), Cholesterol: 4665.31mg (1555.1%), Sodium: 1180.89mg (51.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 214.04g (428.09%), Vitamin B12: 154.85µg (2580.85%), Vitamin A: 103270.53IU (2065.41%), Folate: 5694.79µg (1423.7%), Vitamin B2: 18.43mg (1084.39%), Selenium: 623.17µg (890.25%), Vitamin B5: 63.29mg (632.86%), Iron: 88.73mg (492.93%), Vitamin B6: 9.32mg (465.92%), Vitamin B3: 89.67mg (448.33%), Phosphorus: 3650.22mg (365.02%), Vitamin C: 240.16mg (291.1%), Copper: 4.88mg (244.12%), Vitamin B1: 3.46mg (230.35%), Zinc: 30.05mg (200.34%), Manganese: 3.61mg (180.66%), Vitamin K: 136.19µg (129.71%), Potassium: 3960.66mg (113.16%), Vitamin E: 12.1mg (80.63%), Magnesium: 307.25mg (76.81%), Vitamin D: 11.26µg (75.05%), Fiber: 15.71g (62.85%), Calcium: 492.71mg (49.27%)