



Foie Haché



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 pound chicken livers (*If you keep kosher, remove all the blood from the liver first)
- ☐ 6 hardboiled eggs boiled
- ☐ 1 tablespoon honey
- ☐ 4 medium onion peeled sliced into rounds
- ☐ 8 servings salt and pepper freshly ground to taste

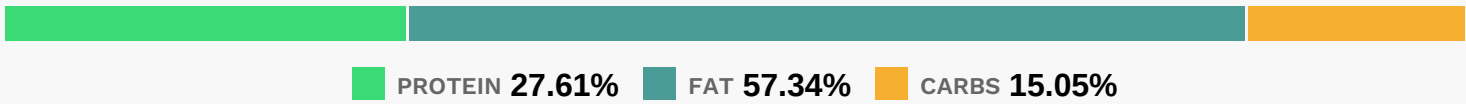
Equipment

- ☐ frying pan

Directions

- ☐ Heat the chicken fat in a frying pan, and sauté the onions over moderate heat, turning frequently, for about 1/2 hour or more, until soft and almost black. You can add a tablespoon of honey to help caramelize them.
- ☐ Remove from the pan.
- ☐ Sauté the chicken livers in the fat in which the onions cooked over very high heat to sear well. Do not overcook. The livers may still be red inside, but resist the temptation to cook them further. When cool enough to handle, separate the lobes and cut each into two or three pieces.
- ☐ Chop the egg, and carefully fold in the onions, the livers, salt, and pepper.
- ☐ Serve with toast or crackers.

Nutrition Facts



Properties

Glycemic Index:9.91, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:30.189130565395%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 217.46kcal (10.87%), Fat: 13.77g (21.19%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.19g (2.62%), Sugar: 4.91g (5.45%), Cholesterol: 335.49mg (111.83%), Sodium: 282.85mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.85%), Vitamin B12: 9.82µg (163.62%), Vitamin A: 6477.22IU (129.54%), Folate: 360.39µg (90.1%), Vitamin B2: 1.22mg (71.55%), Selenium: 42.8µg (61.15%), Vitamin B5: 4.13mg (41.28%), Iron: 5.67mg (31.51%), Vitamin B6: 0.6mg (29.78%), Vitamin B3: 5.61mg (28.03%), Phosphorus: 248.95mg (24.9%), Vitamin C: 14.23mg (17.25%), Copper: 0.31mg (15.32%), Vitamin B1: 0.22mg (14.87%), Vitamin E: 2.02mg (13.46%), Zinc: 2.01mg (13.38%), Manganese: 0.23mg (11.39%), Potassium: 259.36mg (7.41%), Vitamin D: 0.82µg (5.5%), Vitamin K: 5.32µg (5.07%), Magnesium: 20.08mg (5.02%), Fiber: 0.94g (3.76%), Calcium: 36.21mg (3.62%)