



Fried Chicken Liver Pitats with Red Onion Marmalade and Watercress

READY IN



50 min.

SERVINGS



20

CALORIES



169 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup balsamic vinegar
- ☐ 2 cups buttermilk
- ☐ 20 servings canola oil for frying
- ☐ 1.5 teaspoons cayenne pepper
- ☐ 0.8 pound chicken livers cleaned
- ☐ 0.5 cup cornmeal
- ☐ 0.5 cup flour all-purpose

- ☐ 20 servings kosher salt and pepper black freshly ground
- ☐ 5 pita breads mini
- ☐ 2 onions red thinly sliced
- ☐ 0.3 cup sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 20 servings watercress for serving

Equipment

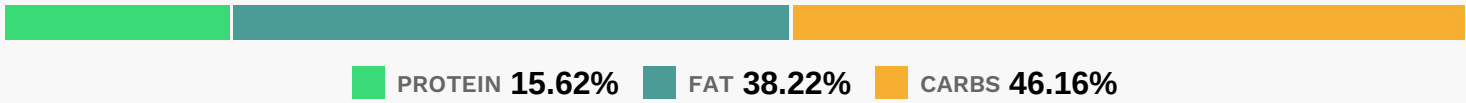
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ grill

Directions

- ☐ Place the chicken livers in bowl with the buttermilk.
- ☐ Sprinkle with some salt and pepper and set in the refrigerator for 30 minutes.
- ☐ Saute the red onions in 3 tablespoons butter in a medium skillet over medium-low heat for 20 minutes.
- ☐ Add the sugar and balsamic and cook until the balsamic is reduced by half and is a paste-like consistency, about 4 minutes.
- ☐ Whisk in the remaining 1 tablespoon butter.
- ☐ Heat the mini pitas over a grill or a burner for 10 seconds per side.
- ☐ Cut into wedges and set aside.
- ☐ Heat canola oil in a deep-fat fryer to 350 degrees F.
- ☐ Combine the flour, cornmeal, cayenne, baking soda, and some salt and pepper in a shallow bowl or pie plate. In batches, remove the chicken livers from the buttermilk and dredge in the flour mixture, shaking off the excess flour. Gently add the livers to the fryer and cook 1 1/2 minutes.

- ☐
- Drain on a paper towel-lined baking sheet and sprinkle with salt.
- ☐
- Place 1 tablespoon onion marmalade on a wedge of pita, then top with watercress leaves and a chicken liver.

Nutrition Facts



Properties

Glycemic Index:25.73, Glycemic Load:13.71, Inflammation Score:-9, Nutrition Score:18.54260883124%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg

Nutrients (% of daily need)

Calories: 169.19kcal (8.46%), Fat: 7.2g (11.08%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.38g (6.68%), Sugar: 5.24g (5.82%), Cholesterol: 67.34mg (22.45%), Sodium: 183.5mg (7.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Vitamin K: 87.61µg (83.44%), Vitamin A: 3142.03IU (62.84%), Vitamin B12: 2.94µg (48.92%), Folate: 117.06µg (29.26%), Vitamin B2: 0.42mg (24.89%), Vitamin C: 18.59mg (22.54%), Selenium: 11.9µg (16.99%), Manganese: 0.28mg (14%), Vitamin B5: 1.37mg (13.68%), Phosphorus: 122.89mg (12.29%), Vitamin B6: 0.24mg (12.22%), Iron: 2.16mg (11.98%), Vitamin B3: 2.36mg (11.77%), Vitamin B1: 0.17mg (11.56%), Calcium: 88.12mg (8.81%), Copper: 0.16mg (8.1%), Vitamin E: 1.1mg (7.3%), Potassium: 244.94mg (7%), Magnesium: 23.67mg (5.92%), Zinc: 0.88mg (5.85%), Fiber: 1.19g (4.76%), Vitamin D: 0.35µg (2.36%)