

Grandma Reggie's Chopped Liver



Gluten Free



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



3

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken livers trimmed
- ☐ 6 hardboiled eggs peeled
- ☐ 3 cups onion chopped
- ☐ 3 tablespoon vegetable oil plus more for finishing
- ☐ 3 tablespoons water

Equipment

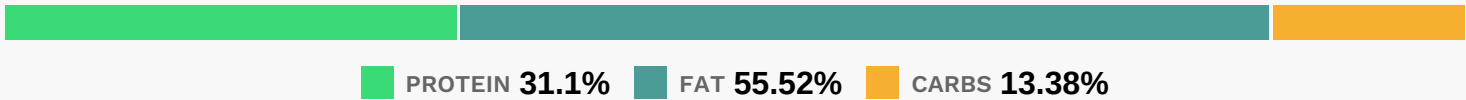
- ☐ bowl
- ☐ frying pan

☐ meat grinder

Directions

- ☐ Cook onions in oil with 3 teaspoon salt in a 12-inch heavy skillet over medium heat, stirring occasionally, until golden brown, about 15 minutes, then transfer to a bowl. Cook chicken livers with water in covered skillet over medium-low heat, stirring occasionally, until just cooked through, about 8 minutes.
- ☐ Transfer livers to a plate and cool to room temperature. Discard liquid.
- ☐ Grind livers through meat grinder into bowl. Then grind eggs into bowl.
- ☐ Add onions to liver and stir mixture well. If mixture is crumbly, add 1 to 2 tablespoons of vegetable oil to make creamy. Season with salt.
- ☐ Add onions to liver and stir mixture well.
- ☐ If you do not have a meat grinder, finely chop liver and eggs by hand before combining.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:52.882174035777%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 519.15kcal (25.96%), Fat: 31.67g (48.73%), Saturated Fat: 7.77g (48.57%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 14.45g (5.25%), Sugar: 7.9g (8.78%), Cholesterol: 894.63mg (298.21%), Sodium: 238.5mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.92g (79.85%), Vitamin B12: 26.18µg (436.31%), Vitamin A: 17272.85IU (345.46%), Folate: 963.44µg (240.86%), Vitamin B2: 3.24mg (190.85%), Selenium: 114.15µg (163.08%), Vitamin B5: 11.02mg (110.19%), Iron: 15.12mg (84.01%), Vitamin B6: 1.6mg (80.14%), Vitamin B3: 14.96mg (74.79%), Phosphorus: 667.46mg (66.75%), Vitamin C: 38.9mg (47.16%), Copper: 0.82mg (41.08%), Vitamin B1: 0.6mg (40.05%), Zinc: 5.36mg (35.74%), Manganese: 0.62mg (30.9%), Vitamin K: 25.95µg (24.71%), Vitamin E:

3.23mg (21.55%), Potassium: 707.35mg (20.21%), Vitamin D: 2.2µg (14.67%), Magnesium: 54.88mg (13.72%), Fiber: 2.72g (10.88%), Calcium: 99.35mg (9.93%)