

Grandma's Chopped Liver

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



131 kcal

SIDE DISH

Ingredients

- 2 cubes chicken bouillon
- 2 pounds chicken livers rinsed trimmed
- 2 eggs
- 3 onion
- 12 servings salt and pepper to taste
- 2 tablespoons vegetable oil
- 1 quart water

Equipment

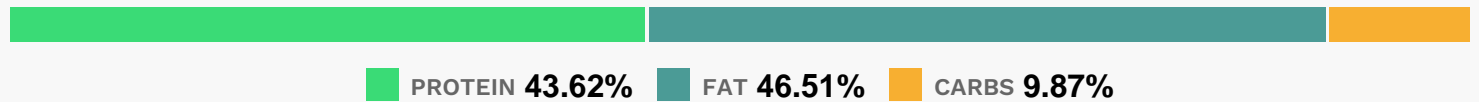
frying pan

sauce pan

Directions

- Place the liver, whole eggs and one onion into a large saucepan with the water. Bring to a boil and stir in the chicken bouillon cubes. Simmer for one hour, then allow to cool.
- Meanwhile, heat the oil in a large skillet over medium heat. Chop one onion and fry in the oil until tender. Chop the third onion and set aside. When the liver has cooled, grind together the liver, hard-cooked eggs and the three onions. Season with salt and pepper. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:31.91304376851%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 131.49kcal (6.57%), Fat: 6.64g (10.22%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 2.71g (0.98%), Sugar: 1.19g (1.33%), Cholesterol: 288.1mg (96.03%), Sodium: 263.59mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.04%), Vitamin B12: 12.6µg (209.99%), Vitamin A: 8414.98IU (168.3%), Folate: 453.19µg (113.3%), Vitamin B2: 1.39mg (81.48%), Selenium: 43.67µg (62.38%), Vitamin B5: 4.86mg (48.58%), Iron: 6.98mg (38.8%), Vitamin B3: 7.39mg (36.96%), Vitamin B6: 0.69mg (34.52%), Phosphorus: 247.03mg (24.7%), Copper: 0.4mg (20.04%), Vitamin C: 15.57mg (18.87%), Vitamin B1: 0.25mg (16.41%), Zinc: 2.17mg (14.45%), Manganese: 0.23mg (11.54%), Potassium: 224.2mg (6.41%), Vitamin E: 0.8mg (5.31%), Magnesium: 18.79mg (4.7%), Vitamin K: 4.3µg (4.1%), Calcium: 18.98mg (1.9%), Fiber: 0.47g (1.87%)