



 **49%**
HEALTH SCORE

Irish Lassie's Liver and Onions

READY IN



40 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons beef bouillon granules
- 0.3 cup butter
- 1 pound calf's liver deveined sliced
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 1 teaspoon olive oil
- 1 tablespoon red wine
- 4 servings salt and pepper black to taste
- 4 large onion sweet thinly sliced vidalia® (such as)

2 cups water cold

Equipment

bowl

frying pan

whisk

Directions

Heat the olive oil in a large skillet over medium heat. Stir in the garlic, onion, green bell pepper, red bell pepper, and mushrooms; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with salt and pepper. Push onion mixture to the side of the skillet, and place the butter in the center of the skillet.

Add calf's liver, one slice at a time. Cover and cook until lightly browned, flipping liver slices once, 5 to 6 minutes.

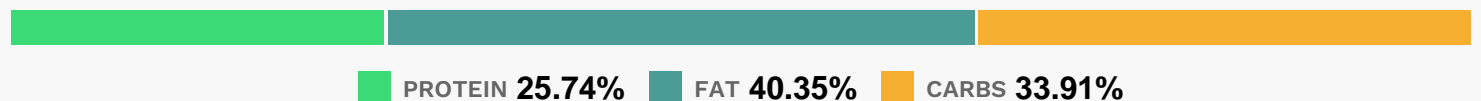
Cut liver slices in half.

Whisk together flour, water, and beef bouillon in a bowl until combined.

Pour mixture into the skillet; cook and stir until gravy thickens, then add red wine. Cook for 2 more minutes.

Remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:4.4, Inflammation Score:-10, Nutrition Score:45.91391259691%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-

gallate: 0.26mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg Quercetin: 48.11mg, Quercetin: 48.11mg, Quercetin: 48.11mg, Quercetin: 48.11mg

Nutrients (% of daily need)

Calories: 409.68kcal (20.48%), Fat: 18.39g (28.29%), Saturated Fat: 9.23g (57.7%), Carbohydrates: 34.77g (11.59%), Net Carbohydrates: 31.56g (11.48%), Sugar: 16.82g (18.69%), Cholesterol: 409.29mg (136.43%), Sodium: 645.18mg (28.05%), Alcohol: 0.4g (100%), Protein: 26.4g (52.8%), Vitamin B12: 67.9µg (1131.71%), Vitamin A: 44646.76IU (892.94%), Copper: 13.67mg (683.65%), Vitamin B2: 2.88mg (169.47%), Zinc: 14.16mg (94.38%), Vitamin B6: 1.53mg (76.64%), Vitamin B5: 7.26mg (72.6%), Vitamin B3: 12.92mg (64.59%), Folate: 232.98µg (58.25%), Phosphorus: 535.25mg (53.53%), Iron: 8.54mg (47.46%), Selenium: 30.58µg (43.68%), Manganese: 0.62mg (30.79%), Vitamin B1: 0.4mg (26.51%), Potassium: 766.77mg (21.91%), Vitamin C: 16.92mg (20.5%), Magnesium: 56.8mg (14.2%), Fiber: 3.21g (12.82%), Calcium: 82.38mg (8.24%), Vitamin E: 0.96mg (6.43%), Vitamin K: 3.66µg (3.49%)