



Jo's Chicken Liver Pate

 Gluten Free

READY IN



390 min.

SERVINGS



12

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 2 tablespoons capers drained
- 1 pound chicken livers rinsed trimmed
- 0.5 cup wine dry white
- 1 teaspoon rosemary leaves fresh chopped
- 1 teaspoon thyme sprigs fresh chopped
- 2 cloves garlic minced
- 1 teaspoon pepper black

- 1 cup milk
- 2 large onion thinly sliced
- 1 teaspoon salt
- 0.5 cup butter unsalted

Equipment

- food processor
- bowl
- frying pan
- blender
- plastic wrap

Directions

- Stir together the chicken livers and milk in a bowl. Set aside to soak for 2 hours, then drain and discard the milk.
- Melt the butter in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onions have softened and turned translucent, about 10 minutes. Stir in the rosemary, thyme, bay leaves, and drained chicken livers. Cook and stir until the livers have firmed on the outside but are still pink on the inside, about 5 minutes.
- Transfer the chicken livers to a bowl, and pour the wine into the skillet. Simmer until the wine has reduced to 1/4 of its original volume, then return the livers to the skillet, and continue cooking until no longer pink in the center, about 5 minutes more.
- Remove and discard the bay leaves. Scrape the livers into a blender or food processor, and add the capers, salt, and pepper. Puree until smooth, then scrape the mixture into a serving dish. Cover with plastic wrap, and refrigerate at least 4 hours until cold.

Nutrition Facts


 PROTEIN **21.67%**  FAT **66.16%**  CARBS **12.17%**

Properties

Glycemic Index:15.58, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:21.096086776775%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 144.9kcal (7.24%), Fat: 10.2g (15.69%), Saturated Fat: 5.85g (36.53%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.67g (1.33%), Sugar: 2.15g (2.39%), Cholesterol: 153.18mg (51.06%), Sodium: 267.95mg (11.65%), Alcohol: 1.03g (100%), Alcohol %: 1.24% (100%), Protein: 7.52g (15.03%), Vitamin B12: 6.39µg (106.55%), Vitamin A: 4469.21IU (89.38%), Folate: 227.86µg (56.96%), Vitamin B2: 0.72mg (42.07%), Selenium: 21.35µg (30.5%), Vitamin B5: 2.48mg (24.84%), Iron: 3.57mg (19.81%), Vitamin B6: 0.38mg (18.9%), Vitamin B3: 3.76mg (18.8%), Phosphorus: 145.48mg (14.55%), Vitamin C: 9.11mg (11.04%), Copper: 0.21mg (10.39%), Vitamin B1: 0.14mg (9.38%), Manganese: 0.18mg (8.85%), Zinc: 1.17mg (7.81%), Potassium: 169.26mg (4.84%), Calcium: 40.09mg (4.01%), Magnesium: 14.46mg (3.62%), Vitamin E: 0.51mg (3.42%), Vitamin D: 0.37µg (2.44%), Fiber: 0.55g (2.2%), Vitamin K: 1.47µg (1.4%)