



Lemon Bacon and Red Onions with Calf's Liver

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup firmly brown sugar packed
- 0.5 pound calf's liver cut into 1/2-inch-thick slices
- 0.3 cup flour all-purpose
- 3 tablespoons juice of lemon
- 1.5 teaspoons lemon zest grated
- 2 tablespoons olive oil
- 1 cup parsley minced

- 2 onions red peeled thinly sliced (1 lb. total)
- 4 servings salt and pepper
- 0.7 lb bacon thick-cut

Equipment

- frying pan
- oven
- spatula

Directions

- In a 10- by 15-inch rimmed pan, lay bacon slices side by side.
- Bake in a 350 oven for 15 minutes.
- Drain and save fat.
- Mix sugar and lemon peel. With your fingers, evenly pat mixture onto bacon slices, covering completely.
- Return pan to oven and bake until bacon is well browned, 12 to 15 minutes. With a wide spatula, transfer bacon to a rack; scrape sugar drippings from pan and put on bacon.
- Meanwhile, rinse liver, pat dry, and trim off and discard any tough membrane.
- Cut liver into 4 equal portions.
- In a 10- to 12-inch nonstick frying pan, combine onions, lemon juice, and butter. Stir over high heat until onions are limp and slightly browned, about 15 minutes.
- Add parsley and stir until wilted. Mound onions on an ovenproof platter; arrange bacon in a single layer alongside. Put in a 150 oven. Wipe frying pan clean.
- Set frying pan over high heat and add reserved bacon fat. Coat liver with flour, shaking off excess. When fat is hot, add liver. Brown on each side, turning as needed until just barely pink in center (cut to test), about 5 minutes total.
- Drain liver briefly on towels, then add to platter.
- Add salt and pepper to taste.

Nutrition Facts



■ PROTEIN 16.04% ■ FAT 63.48% ■ CARBS 20.48%

Properties

Glycemic Index:33.5, Glycemic Load:5.59, Inflammation Score:-10, Nutrition Score:41.052608842435%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 567.42kcal (28.37%), Fat: 40.03g (61.59%), Saturated Fat: 11.96g (74.76%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 27.3g (9.93%), Sugar: 16.13g (17.93%), Cholesterol: 239.27mg (79.76%), Sodium: 752.82mg (32.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.53%), Vitamin B12: 34.31µg (571.87%), Vitamin A: 23438.1IU (468.76%), Copper: 6.82mg (341.16%), Vitamin K: 250.97µg (239.02%), Vitamin B2: 1.52mg (89.12%), Zinc: 8.03mg (53.52%), Vitamin B3: 9.77mg (48.86%), Selenium: 31.19µg (44.55%), Vitamin B6: 0.84mg (41.94%), Vitamin B5: 4.06mg (40.56%), Vitamin C: 29.74mg (36.05%), Phosphorus: 358.38mg (35.84%), Iron: 5.5mg (30.56%), Folate: 120.91µg (30.23%), Vitamin B1: 0.41mg (27.29%), Manganese: 0.31mg (15.59%), Potassium: 527.26mg (15.06%), Vitamin E: 1.69mg (11.27%), Magnesium: 37.16mg (9.29%), Fiber: 1.75g (7.02%), Calcium: 54.42mg (5.44%), Vitamin D: 0.3µg (2.02%)