



 **55%**
HEALTH SCORE

Liver and Onions

READY IN



30 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound calves' livers
- 1 tablespoon butter
- 0.3 cup flour all-purpose
- 1 onion diced
- 4 servings salt and pepper to taste
- 2 teaspoons sugar white

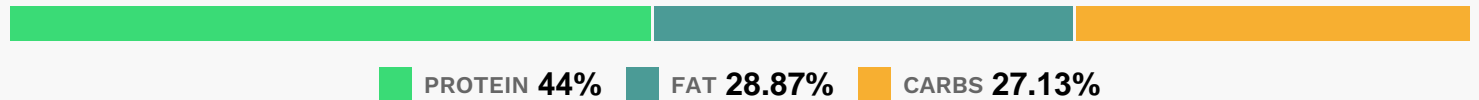
Equipment

- frying pan

Directions

- In a medium skillet, melt butter over medium heat. Stir in onion and saute until softened. Stir in sugar and continue to cook until onion caramelizes.
- Rinse liver and remove thin outer membrane. Slice liver into 1/4 to 1/2 inch thick slices.
- Heat remaining butter in a medium skillet over medium heat
- Dredge liver slices in flour and brown in melted butter for about 1 to 1 1/2 minutes per side.
- Remove from heat and season to taste with salt and pepper.
- Serve liver smothered with caramelized onions.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:6.28, Inflammation Score:-10, Nutrition Score:42.234782659489%

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: 225.32kcal (11.27%), Fat: 7.07g (10.87%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 14.26g (5.18%), Sugar: 3.19g (3.54%), Cholesterol: 319.37mg (106.46%), Sodium: 295.82mg (12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.45%), Vitamin B12: 67.25µg (1120.85%), Copper: 11.08mg (554.21%), Vitamin A: 19250.03IU (385%), Vitamin B2: 3.17mg (186.57%), Folate: 348.48µg (87.12%), Vitamin B5: 8.21mg (82.06%), Vitamin B3: 15.43mg (77.17%), Selenium: 47.85µg (68.36%), Vitamin B6: 1.26mg (63.23%), Phosphorus: 456.1mg (45.61%), Iron: 5.98mg (33.22%), Zinc: 4.64mg (30.94%), Manganese: 0.44mg (22.04%), Vitamin B1: 0.29mg (19.23%), Potassium: 404.37mg (11.55%), Vitamin D: 1.36µg (9.07%), Magnesium: 24.96mg (6.24%), Vitamin C: 3.51mg (4.25%), Vitamin K: 3.89µg (3.71%), Vitamin E: 0.52mg (3.48%), Fiber: 0.68g (2.71%), Calcium: 14.15mg (1.41%)