



Liver and Onions Venetian Style

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1.5 pounds thick calf's liver cut into 1 1/2-inch squares
- 6 sage leaves dried fresh
- 0.3 teaspoon fresh-ground pepper black
- 4 tablespoons olive oil
- 4 onions sliced thin
- 4 servings try build-a-meal
- 0.8 teaspoon salt

Equipment

- frying pan

Directions

- In a large nonstick frying pan, heat 3 tablespoons of the oil with 1 1/2 tablespoons of the butter over moderately high heat.
- Add the onions and cook, stirring occasionally, for 10 minutes. Stir in 1/4 teaspoon of the salt. Reduce the heat to moderate and cook, stirring frequently, until the onions are well browned, about 5 minutes longer.
- Remove.
- Sprinkle the liver with the remaining 1/2 teaspoon salt and the pepper. In the same pan, heat the remaining tablespoon oil and 1/2 tablespoon butter over high heat. When the pan is very hot, add the liver and sage. Cook, stirring, until just done, 1 to 2 minutes.
- Remove from the heat, return the onions to the pan, and toss. How to Cook Liver: Forget all the bitter, grainy liver you may have had. The way to make liver taste good is primarily a matter of resisting the temptation to overcook it. It should be seared to keep the juices from escaping and should be slightly pink inside, not dingy gray. Use high heat bravely and briefly. Wine Recommendation: Brunello di Montalcino is Tuscany's most exalted wine because it offers a combination of richness, power, and elegance unmatched by any other in the region.
- Serve one here for a sumptuous experience. A more affordable option is Rosso di Montalcino, a sort of scaled-down brunello.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:50.733913224676%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg

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Nutrients (% of daily need)

Calories: 459.73kcal (22.99%), Fat: 28.07g (43.19%), Saturated Fat: 8.24g (51.48%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 13.87g (5.04%), Sugar: 4.68g (5.2%), Cholesterol: 583.17mg (194.39%), Sodium: 616.73mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.65%), Vitamin B12: 101.82µg (1696.92%), Vitamin A: 66611.07IU (1332.22%), Copper: 20.42mg (1020.92%), Vitamin B2: 4.19mg (246.22%), Zinc: 20.7mg (137.99%), Vitamin B5: 10.48mg (104.76%), Vitamin B3: 18.13mg (90.66%), Vitamin B6: 1.76mg (88.22%), Phosphorus: 684.79mg (68.48%), Iron: 11.28mg (62.69%), Folate: 233.9µg (58.48%), Selenium: 39.75µg (56.78%), Manganese: 0.67mg (33.29%), Vitamin B1: 0.35mg (23.24%), Potassium: 695.63mg (19.88%), Vitamin E: 2.85mg (18.97%), Magnesium: 47.97mg (11.99%), Vitamin C: 9.33mg (11.31%), Vitamin K: 11.15µg (10.62%), Fiber: 2.13g (8.53%), Calcium: 37.41mg (3.74%)