



HEALTH SCORE

73%

## Liver & bacon sauté with potatoes & parsley



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 400 g baby potatoes
- ☐ 2 tbsp olive oil
- ☐ 4 spring onion trimmed cut into 2-3 pieces on the diagonal
- ☐ 4 bacon snipped
- ☐ 1 tbsp flour plain
- ☐ 1 tsp paprika for sprinkling
- ☐ 175 g lamb's liver sliced into thin strips
- ☐ 20 g flat parsley chopped

- ☐ 150 ml vegetable stock (with bouillon powder) hot
- ☐ 4 tbsp cream

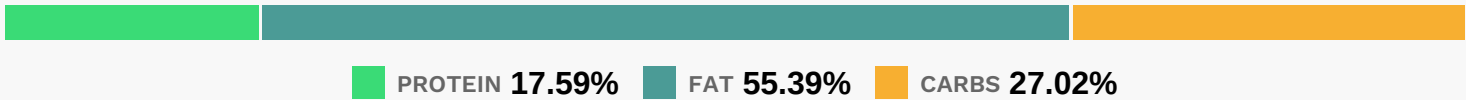
## Equipment

- ☐ frying pan
- ☐ wok

## Directions

- ☐ Halve the potatoes. Simmer in salted water for 12–15 minutes.
- ☐ Drain and set aside.
- ☐ Heat the oil in a wok.
- ☐ Add the potatoes and fry them for 4–5 minutes over a high heat until browned and crispy.
- ☐ Remove from the pan and set aside.
- ☐ Tip the spring onions and bacon into the pan and stir and sizzle for 3–4 minutes or until the bacon gets crispy. Meanwhile, season the flour with paprika, a little salt and plenty of black pepper, then use to coat the liver.
- ☐ Stir the liver into the pan and cook for 2–3 minutes. Toss in the potatoes and quickly reheat. Stir in the chopped parsley, remove everything from the pan and divide between 2 plates. Keep warm.
- ☐ Quickly pour the hot stock into the pan and scrape all the crispy bits up from the bottom. Bubble for 1–2 minutes, then pour around the liver and potatoes.
- ☐ Serve each portion topped with soured cream and a sprinkling of paprika.

## Nutrition Facts



## Properties

Glycemic Index:141.38, Glycemic Load:28.57, Inflammation Score:-10, Nutrition Score:56.743912816048%

## Flavonoids

Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 662.28kcal (33.11%), Fat: 41g (63.08%), Saturated Fat: 12.01g (75.04%), Carbohydrates: 45g (15%), Net Carbohydrates: 39.15g (14.23%), Sugar: 3.78g (4.21%), Cholesterol: 367.83mg (122.61%), Sodium: 680.53mg (29.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.59%), Vitamin B12: 79.06µg (1317.74%), Vitamin A: 23512.08IU (470.24%), Copper: 6.39mg (319.69%), Vitamin K: 227.2µg (216.38%), Vitamin B2: 3.38mg (198.7%), Selenium: 83.93µg (119.9%), Vitamin B3: 18.59mg (92.95%), Vitamin B6: 1.55mg (77.71%), Vitamin C: 60.94mg (73.86%), Folate: 272.68µg (68.17%), Vitamin B5: 6.38mg (63.84%), Iron: 9.68mg (53.76%), Phosphorus: 536.44mg (53.64%), Vitamin B1: 0.64mg (42.58%), Potassium: 1385.01mg (39.57%), Zinc: 5.53mg (36.88%), Manganese: 0.57mg (28.64%), Fiber: 5.86g (23.43%), Magnesium: 82.98mg (20.74%), Vitamin E: 2.86mg (19.07%), Calcium: 90.98mg (9.1%), Vitamin D: 0.18µg (1.17%)