



Liver & red pepper stir-fry



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tbsp vegetable oil; peanut oil preferred
- ☐ 225 g lamb's liver cut into strips
- ☐ 1 leek diagonally sliced
- ☐ 1 bell pepper red seeded cut into rough squares
- ☐ 1 to 5 chilies red seeded finely chopped
- ☐ 1 tsp oregano dried
- ☐ 1 garlic clove crushed
- ☐ 100 g the salad thinly sliced

- ☐ 1 orange zest grated
- ☐ 2 tbsp sherry dry

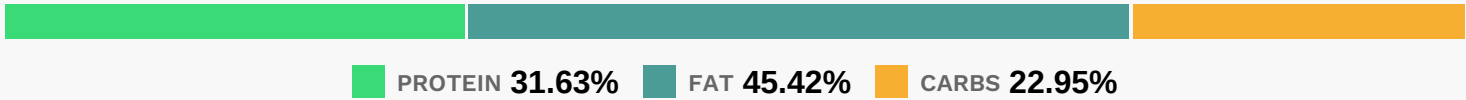
Equipment

- ☐ frying pan

Directions

- ☐ Heat a tablespoon of the oil in a large non-stick frying pan.
- ☐ Add the liver and stir fry over a moderately high heat for 3 minutes until light brown dont cook for longer or the liver will become rubbery.
- ☐ Remove to a plate, leaving the juices in the pan.
- ☐ Tip the leek, red pepper and chilli into the pan with the rest of the oil and stir fry over a high heat for 2 minutes.
- ☐ Add the oregano, garlic and greens and stir fry for a further 30 seconds or so, until the greens have just wilted and turned a nice bright green.
- ☐ Return the liver to the pan, add the orange zest and juice, sherry, then season. Toss everything together on a high heat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:54.431738791258%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 328.23kcal (16.41%), Fat: 16.28g (25.04%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 15.07g (5.48%), Sugar: 5.62g (6.25%), Cholesterol: 417.38mg (139.13%), Sodium: 106.46mg (4.63%), Alcohol: 1.54g (100%), Alcohol %: 0.61% (100%), Protein: 25.51g (51.01%), Vitamin B12: 101.31µg (1688.44%), Vitamin A: 31116.1IU (622.32%), Copper: 7.99mg (399.26%), Vitamin B2: 4.21mg (247.42%), Vitamin C: 138.58mg (167.98%), Selenium: 93.85µg (134.06%), Vitamin B3: 19.56mg (97.81%), Folate: 342.4µg (85.6%), Vitamin B6: 1.49mg (74.46%), Vitamin B5: 7.31mg (73.06%), Iron: 10.48mg (58.2%), Phosphorus: 477.31mg (47.73%), Zinc: 5.68mg (37.89%), Manganese: 0.69mg (34.54%), Vitamin B1: 0.49mg (32.34%), Vitamin K: 32.73µg (31.17%), Vitamin E: 3.27mg (21.83%), Potassium: 756.95mg (21.63%), Magnesium: 57.28mg (14.32%), Fiber: 3.44g (13.75%), Calcium: 76.04mg (7.6%)