



Mock Chopped Liver



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken broth
- ☐ 1 cup lentils dried
- ☐ 1 halves garnishes: green onions chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 medium onion sweet chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup walnuts lightly toasted

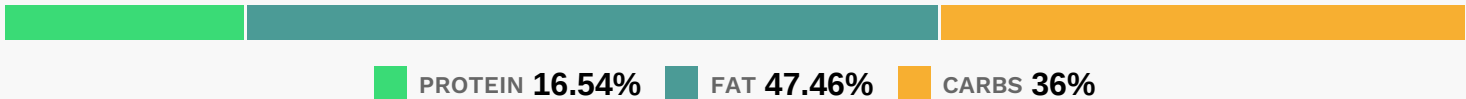
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Bring lentils and chicken broth to a boil in a large saucepan over medium heat; cover, reduce heat, and simmer, stirring occasionally, 30 minutes or until lentils are tender.
- ☐ Drain lentils, if necessary.
- ☐ Saut chopped onion in hot vegetable oil in a large skillet over medium-high heat for 5 minutes or until onion is tender.
- ☐ Process one-third of lentils, one-third of onion, and one-third of walnuts in a food processor, in 3 batches, until mixture is smooth, stopping to scrape down sides.
- ☐ Stir together lentil mixture, salt, and pepper. Line a 3-cup mold with plastic wrap. Spoon lentil mixture into mold. Cover and chill 8 hours.
- ☐ Unmold onto a serving plate.
- ☐ Garnish, if desired.
- ☐ Serve with celery sticks and crackers.
- ☐ *Note: Beef or vegetable broth may be substituted for chicken broth.

Nutrition Facts



Properties

Glycemic Index:25.53, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:30.605217249497%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg,

Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 566.65kcal (28.33%), Fat: 31.07g (47.8%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 29.82g (10.84%), Sugar: 8.53g (9.48%), Cholesterol: 3.13mg (1.04%), Sodium: 788.63mg (34.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.73%), Manganese: 2.38mg (119.12%), Fiber: 23.21g (92.86%), Folate: 370.34µg (92.59%), Copper: 1.04mg (52.11%), Vitamin B1: 0.77mg (51.36%), Phosphorus: 460.26mg (46.03%), Magnesium: 151.82mg (37.95%), Iron: 6.39mg (35.53%), Vitamin B6: 0.7mg (34.99%), Zinc: 4.52mg (30.15%), Potassium: 947.8mg (27.08%), Vitamin B2: 0.31mg (18.17%), Vitamin B5: 1.72mg (17.19%), Vitamin K: 13.89µg (13.23%), Vitamin B3: 2.6mg (12.99%), Selenium: 8.42µg (12.03%), Vitamin C: 8.65mg (10.48%), Calcium: 104.11mg (10.41%), Vitamin E: 1.05mg (6.98%), Vitamin A: 63.5IU (1.27%)