



Mock Chopped Liver



Dairy Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 10 servings boston lettuce sliced for garnish (optional -)
- ☐ 3 hardboiled eggs quartered
- ☐ 6 tbsp grapeseed oil divided (Andrew likes peanut oil; if you're avoiding kitniyot, the Shiksa recommends KFP grapeseed oil)
- ☐ 0.5 tsp kosher salt
- ☐ 10 servings matzo gluten free with - optional - use gf matzo if)
- ☐ 1 lb mushrooms white
- ☐ 2 medium onion chopped

☐ 0.5 cup walnuts shelled

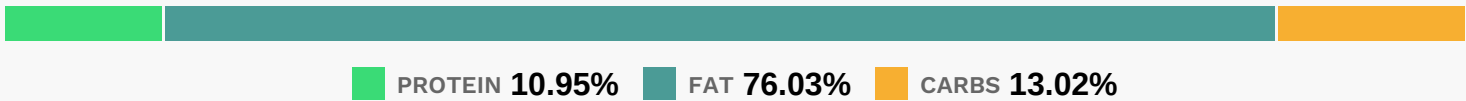
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Mock Chopped Liver
- ☐ Ingredients6 tbsp mild-flavored frying oil, divided (Andrew likes peanut oil; if you're avoiding kitniyot, the Shiksa recommends KFP grapeseed oil)2-3 medium onions, chopped1 lb. white mushrooms in 1/4 inch thick slices3 hard boiled eggs, quartered1/2 cup shelled walnuts1/2 tsp kosher salt1/4 tsp freshly ground black pepper
- ☐ Sliced scallions and/or butter lettuce (optional - for garnish)Matzo (to serve with - optional - use GF matzo if gluten free)You will also needsauté pan or skillet, food processor or blender
- ☐ Servings: 10
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:6.8556522027306%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 158.75kcal (7.94%), Fat: 14g (21.54%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.16g (2.4%), Cholesterol: 55.95mg (18.65%), Sodium: 138.2mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin E: 2.63mg (17.51%), Vitamin B2: 0.28mg (16.33%), Selenium: 9.61µg (13.73%), Manganese: 0.27mg (13.41%), Copper: 0.25mg (12.47%), Vitamin B5: 0.96mg (9.56%), Phosphorus: 92.73mg (9.27%), Vitamin B3: 1.78mg (8.91%), Potassium: 225.25mg (6.44%), Folate: 25.13µg (6.28%), Vitamin B6: 0.13mg (6.26%), Vitamin B1: 0.08mg (5.41%), Fiber: 1.27g (5.09%), Magnesium: 17.49mg (4.37%), Zinc: 0.62mg (4.14%), Iron: 0.67mg (3.73%), Vitamin C: 2.69mg (3.26%), Vitamin B12: 0.18µg (3.08%), Vitamin D: 0.42µg (2.8%), Vitamin A: 113IU (2.26%), Calcium: 20.43mg (2.04%), Vitamin K: 1.4µg (1.33%)