



Parmesan-Polenta-Coated Chicken Livers with Lentil Salad

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 pound chicken livers
- 0.5 cup coarse cornmeal
- 1.5 teaspoons dijon mustard
- 2 eggs beaten
- 0.3 cup flat-leaf parsley chopped
- 2 cloves garlic minced

- 0.5 teaspoon fresh-ground pepper black
- 2.3 cups lentils
- 6 ounces salad greens mixed
- 0.5 cup olive oil
- 1 onion chopped fine
- 0.5 cup parmesan grated
- 2.8 teaspoons salt
- 2 tomatoes chopped
- 1 quart water
- 2.5 tablespoons red-wine vinegar

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In a large saucepan, combine the lentils, water, onion, garlic, and 1 1/2 teaspoons of the salt. Bring to a boil, reduce the heat, and simmer, partially covered, until the lentils are just tender but not falling apart, about 35 minutes.
- Drain and transfer to a large bowl to cool.
- In a large glass or stainless-steel bowl, whisk together the vinegar, mustard, 3/4 teaspoon of the salt, and 1/4 teaspoon of the pepper.
- Add the 1/2 cup oil slowly, whisking.
- Add 1/2 cup of this vinaigrette to the lentil salad along with the tomatoes and parsley.
- In a shallow dish, combine the cornmeal, Parmesan, and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Put the eggs in another shallow dish. In a large nonstick frying pan, heat 1 tablespoon of the oil and 1 tablespoon of the butter over moderate heat. Dip half the livers in the egg and then into

the cornmeal mixture; fry for 2 minutes. Turn and cook until browned but still pink inside, about 2 minutes longer. Repeat with the remaining livers and the remaining 1 tablespoon each oil and butter.

To serve, toss the greens in the remaining vinaigrette and put on plates. Top with the lentils and livers.

Wine Recommendation: The creamy rich livers and the crunchy dressed salad both call for a tart, fruity red wine. A Beaujolais will be an ideal accompaniment.

Nutrition Facts



Properties

Glycemic Index:90.28, Glycemic Load:18.33, Inflammation Score:-10, Nutrition Score:74.321739093117%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 821.47kcal (41.07%), Fat: 24.53g (37.74%), Saturated Fat: 9.29g (58.04%), Carbohydrates: 90.6g (30.2%), Net Carbohydrates: 53.03g (19.28%), Sugar: 5.64g (6.26%), Cholesterol: 496.61mg (165.54%), Sodium: 2014.94mg (87.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.07g (118.14%), Vitamin B12: 19.16µg (319.32%), Folate: 1259.45µg (314.86%), Vitamin A: 14417.23IU (288.34%), Fiber: 37.57g (150.3%), Vitamin B2: 2.46mg (144.94%), Selenium: 83.22µg (118.89%), Iron: 20.69mg (114.94%), Manganese: 2.16mg (108.21%), Phosphorus: 1066.31mg (106.63%), Vitamin B5: 10.16mg (101.62%), Vitamin B1: 1.46mg (97.1%), Vitamin B6: 1.88mg (93.98%), Vitamin K: 97.09µg (92.47%), Vitamin B3: 15.21mg (76.07%), Copper: 1.33mg (66.6%), Zinc: 9.99mg (66.59%), Vitamin C: 52.72mg (63.91%), Magnesium: 208.91mg (52.23%), Potassium: 1740.89mg (49.74%), Calcium: 273.6mg (27.36%), Vitamin E: 3mg (20%), Vitamin D: 0.5µg (3.35%)