



## Peri Peri Chicken Livers

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**155 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon brandy
- ☐ 1 teaspoon cayenne pepper to taste
- ☐ 0.5 pound chicken livers rinsed trimmed
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped

## Equipment

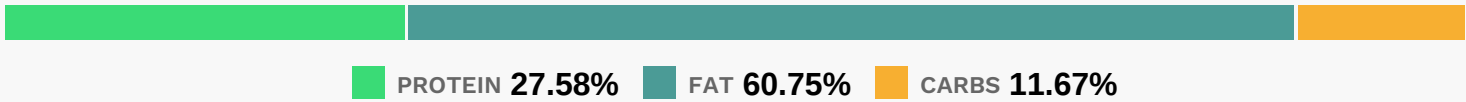
- ☐ frying pan

- ☐ wooden spoon
- ☐ kitchen thermometer

## Directions

- ☐ Heat olive oil in a skillet over medium heat. Cook and stir onion in hot oil until soft, 5 to 7 minutes.
- ☐ Increase heat to high. Season onion with cayenne pepper and cook for just 10 seconds before adding the chicken livers; season with salt and black pepper. Cook and stir chicken livers until no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Remove the pan from heat and pour brandy over the livers. Scrape the browned bits of food off the bottom of the pan with a wooden spoon. Stir and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:27.076521562493%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Nutrients (% of daily need)

Calories: 154.86kcal (7.74%), Fat: 9.87g (15.18%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.64g (1.82%), Cholesterol: 195.61mg (65.2%), Sodium: 42.1mg (1.83%), Alcohol: 1.25g (100%), Alcohol %: 1.5% (100%), Protein: 10.08g (20.15%), Vitamin B12: 9.4µg (156.68%), Vitamin A: 6490.47IU (129.81%), Folate: 341.06µg (85.27%), Vitamin B2: 1.02mg (60.19%), Selenium: 31.19µg (44.56%), Vitamin B5: 3.58mg (35.82%), Iron: 5.27mg (29.25%), Vitamin B3: 5.6mg (28.02%), Vitamin B6: 0.54mg (27.06%), Phosphorus: 181.04mg (18.1%), Vitamin C: 13.31mg (16.13%), Copper: 0.3mg (14.88%), Vitamin B1: 0.19mg (12.81%), Manganese: 0.22mg (10.82%), Zinc: 1.59mg (10.62%), Vitamin E: 1.56mg (10.42%), Potassium: 196.7mg (5.62%), Vitamin K: 4.93µg (4.69%), Magnesium: 15.45mg (3.86%), Fiber: 0.8g (3.2%), Calcium: 14.41mg (1.44%)