



Pork Liver Pudding

READY IN



110 min.

SERVINGS



8

CALORIES



161 kcal

Ingredients

- 2 bay leaves
- 1 tablespoon butter
- 1 eggs
- 1 tablespoon flour all-purpose
- 1 dash ground allspice
- 1 pinch ground pepper black
- 0.5 pound ground pork
- 1 cup milk
- 1 onion chopped
- 0.5 pound pork livers

1.5 teaspoons salt

Equipment

food processor

oven

meat grinder

Directions

Preheat oven to 325 degrees F (165 degrees C).

Put the liver, ground pork, salt, pepper, allspice and onion in a food processor or meat grinder and let it run until mixture is still slightly coarse.

To make sauce: Melt butter over low heat. Stir in flour until smooth.

Add milk, stirring until smooth.

Combine sauce, egg and meat mixture and stir. Put in mold with two bay leaves on top of mold and bake for an hour to an hour and a half.

Nutrition Facts

PROTEIN 32.29% **FAT 56.7%** **CARBS 11.01%**

Properties

Glycemic Index:29.63, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:22.806086852499%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 160.94kcal (8.05%), Fat: 10.01g (15.4%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.05g (1.47%), Sugar: 2.07g (2.3%), Cholesterol: 133.63mg (44.54%), Sodium: 507.99mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.65%), Vitamin B12: 7.79µg (129.77%), Vitamin A: 6265.74IU (125.31%), Vitamin B2: 1mg (58.53%), Iron: 7.06mg (39.21%), Selenium: 24.6µg (35.14%), Vitamin B3: 5.68mg (28.42%), Vitamin B5: 2.3mg (22.96%), Vitamin B1: 0.32mg (21.4%), Phosphorus: 178.7mg (17.87%), Vitamin B6: 0.35mg (17.51%), Folate: 68.62µg (17.16%), Zinc: 2.49mg (16.59%), Copper: 0.22mg (10.88%), Vitamin C: 8.5mg

(10.3%), Manganese: 0.14mg (6.97%), Potassium: 236.59mg (6.76%), Calcium: 53.02mg (5.3%), Magnesium: 16.83mg (4.21%), Vitamin D: 0.45µg (2.97%), Fiber: 0.32g (1.29%)