



Rumaki



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound bacon
- ☐ 12 water chestnuts canned halved drained
- ☐ 0.3 lb chicken livers rinsed trimmed
- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.3 cup soya sauce

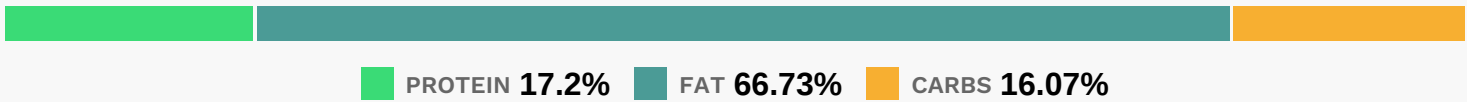
Equipment

- ☐ toothpicks
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Cut chicken livers into 24 (roughly 1/2-inch) pieces. Stir together soy sauce, ginger, brown sugar, and curry powder.
- ☐ Add livers and water chestnuts and toss to coat. Marinate, covered and chilled, 1 hour.
- ☐ While livers marinate, soak toothpicks in cold water 1 hour.
- ☐ Drain well.
- ☐ Preheat broiler.
- ☐ Remove livers and chestnuts from marinade and discard marinade.
- ☐ Place 1 piece of bacon on a work surface and put 1 piece of liver and 1 chestnut in center. Wrap bacon around liver and chestnut and secure with a toothpick. Make 23 more rumaki in same manner.
- ☐ Broil rumaki on rack of a broiler pan 2 inches from heat, turning once, until bacon is crisp and livers are cooked but still slightly pink inside (unwrap 1 to check for doneness), 5 to 6 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.46, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:3.3426086988462%

Nutrients (% of daily need)

Calories: 53.96kcal (2.7%), Fat: 3.99g (6.14%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.18g (1.31%), Cholesterol: 22.54mg (7.51%), Sodium: 201.76mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin B12: 0.83µg (13.84%), Vitamin A: 527.33IU (10.55%), Folate: 28.71µg (7.18%), Selenium: 4.57µg (6.52%), Vitamin B2: 0.1mg (5.72%), Vitamin B3: 0.96mg (4.82%), Vitamin B6: 0.08mg (4.11%), Vitamin B5: 0.37mg (3.67%), Iron: 0.6mg (3.33%), Phosphorus: 32.34mg (3.23%), Vitamin B1: 0.04mg (2.85%), Copper: 0.04mg (1.93%), Zinc: 0.28mg (1.84%), Manganese: 0.04mg (1.75%), Potassium: 45.7mg (1.31%), Vitamin C: 0.95mg (1.15%)