



WHATSheATE



HEALTH SCORE

59%

## Sage & thyme calves' liver with wild mushrooms & pancetta



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



8 slices pancetta (or streaky bacon)



1 tbsp vegetable oil



500 g calves' liver sliced into 4 steaks



50 g butter



1 small bunch sage leaves picked roughly chopped



0.5 small bunch thyme leaves leaves picked



4 shallots finely sliced

- ☐ 300 g pack chestnut mushroom wild mixed cleaned
- ☐ 0.5 lemon zest
- ☐ 4 slices bread crumbs thick toasted (preferably sourdough)

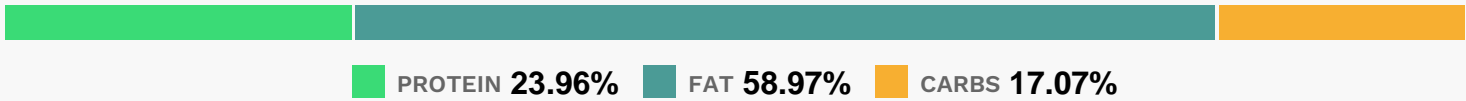
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Put the pancetta in a large frying pan and cook until crisp, then lift out with a slotted spoon and drain on kitchen paper.
- ☐ Heat the oil in the pan. Sear the liver steaks for 1-2 mins each side so theyre just still pink in the middle using half the butter towards the end to baste the meat.
- ☐ Remove the liver to a plate using the slotted spoon and leave to rest, covered with foil, for 10-15 mins.
- ☐ Add the chopped sage, thyme leaves, shallots, mushrooms and lemon zest to the pan. Fry on the highest heat for a few mins, then add the lemon juice and some seasoning. Cook for 3-5 mins until slightly saucy and the mushrooms are soft.
- ☐ Heat the remaining butter in your smallest saucepan until just foaming.
- ☐ Add the remaining whole sage leaves and fry for a few mins until crisp.
- ☐ Drain on kitchen paper with the pancetta. Sit the liver on toast, spoon over the mushroom mixture and scatter over the pancetta and crisp sage.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:51.679130181022%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 555.84kcal (27.79%), Fat: 36.49g (56.13%), Saturated Fat: 16.14g (100.85%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 21.49g (7.81%), Sugar: 9.48g (10.53%), Cholesterol: 389.11mg (129.7%), Sodium: 433.9mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.71%), Vitamin B12: 74.36µg (1239.35%), Copper: 20.29mg (1014.67%), Vitamin A: 21470.37IU (429.41%), Vitamin B2: 3.87mg (227.49%), Selenium: 75.18µg (107.4%), Vitamin B3: 21.41mg (107.06%), Vitamin B5: 10.34mg (103.37%), Folate: 403.05µg (100.76%), Vitamin B6: 1.6mg (80.02%), Phosphorus: 641.03mg (64.1%), Iron: 7.64mg (42.44%), Zinc: 6.37mg (42.43%), Manganese: 0.83mg (41.55%), Vitamin B1: 0.44mg (29.11%), Potassium: 927.65mg (26.5%), Magnesium: 46.74mg (11.68%), Vitamin D: 1.69µg (11.25%), Vitamin K: 11.2µg (10.67%), Fiber: 2.28g (9.13%), Vitamin E: 1.18mg (7.89%), Vitamin C: 5.39mg (6.54%), Calcium: 53.06mg (5.31%)