



HEALTH SCORE

68%

Sautéed Chicken Livers with Raisins and Pine Nuts



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**445 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup chicken broth low-sodium homemade canned
- ☐ 1.3 pounds chicken livers cut in half
- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 1.5 teaspoons flour
- ☐ 4 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pinenuts
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vermouth dry white dry

Equipment

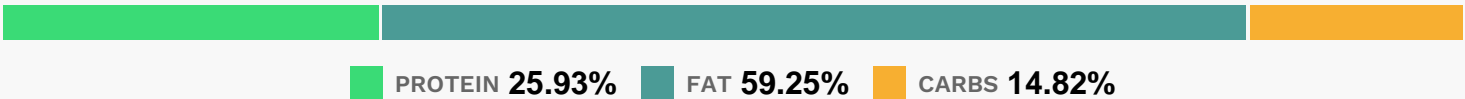
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat the oven to 35
- ☐ Toast the pine nuts in the oven until they are golden brown, about 8 minutes.
- ☐ In a small stainless-steel saucepan, combine the raisins, broth, and vermouth. Bring to a boil and simmer until reduced to about 3/4 cup, about 8 minutes. Set aside.
- ☐ In a large frying pan, melt 1 tablespoon of the butter with 1 tablespoon of the oil over moderately high heat. Season the livers with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper and cook, in two batches if necessary, until almost done, about 3 minutes. The livers should still be quite pink inside.
- ☐ Remove them from the pan.
- ☐ Add the remaining 1 tablespoon oil and 1 tablespoon butter to the pan and reduce the heat to moderately low.
- ☐ Add the garlic and cook, stirring, for 30 seconds.
- ☐ Add the flour and cook, stirring, for 15 seconds longer. Stir in the raisin-and-vermouth mixture and the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Bring to a simmer, scraping the bottom of the pan to dislodge any brown bits.
- ☐ Add the livers and any accumulated juices, the pine nuts, and the parsley and simmer until the livers are just done, about 1 minute longer.
- ☐ Wine Recommendation: Try matching the savory tastes of this Sicilian-flavored dish with a rustic red wine that hails from the same region. Or serve the easy-to-find Salice Salentino

from Apulia, also in Southern Italy.

Nutrition Facts



Properties

Glycemic Index:73.2, Glycemic Load:6.01, Inflammation Score:-10, Nutrition Score:52.557391280713%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 444.8kcal (22.24%), Fat: 27.6g (42.46%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 14.08g (5.12%), Sugar: 0.96g (1.06%), Cholesterol: 504.08mg (168.03%), Sodium: 457.84mg (19.91%), Alcohol: 4.64g (100%), Alcohol %: 2.13% (100%), Protein: 27.18g (54.35%), Vitamin B12: 23.56µg (392.63%), Vitamin A: 16134.67IU (322.69%), Folate: 844.37µg (211.09%), Vitamin B2: 2.6mg (152.96%), Selenium: 78.35µg (111.93%), Vitamin B5: 8.94mg (89.39%), Iron: 14.22mg (79%), Vitamin B3: 15.18mg (75.91%), Manganese: 1.51mg (75.67%), Vitamin B6: 1.31mg (65.51%), Vitamin K: 60.41µg (57.53%), Phosphorus: 525.13mg (52.51%), Copper: 0.92mg (46.16%), Vitamin C: 31.04mg (37.63%), Vitamin B1: 0.5mg (33.6%), Zinc: 4.71mg (31.41%), Vitamin E: 3.24mg (21.59%), Potassium: 595.8mg (17.02%), Magnesium: 66.51mg (16.63%), Fiber: 1.45g (5.81%), Calcium: 34.51mg (3.45%)