



 **69%**  
HEALTH SCORE

## Val's Hungarian Jewish Chopped Liver

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**246 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds chicken livers fresh
- 2 sprigs parsley fresh
- 1 bunch green onions chopped
- 6 hard-cooked eggs
- 2 tablespoons paprika
- 1 head romaine lettuce
- 8 servings salt and pepper to taste
- 2 tablespoons vegetable oil

- 1 small onion white finely chopped

## Equipment

- bowl
- frying pan
- mixing bowl
- potato masher

## Directions

- In a large skillet, heat oil and butter over medium high heat.
- Saute the diced onion until fairly soft.
- Add chicken livers and saute over high heat, stirring frequently. When livers are cooked through (no longer pink inside and the juices run clear), remove livers and onions from heat and place in a large mixing bowl.
- Mash livers with a potato masher. You will need to use your fingers, removing the membranes as you go (the livers will be quite juicy; be sure to leave the juice in). In a separate bowl, mash the eggs and add to the liver.
- Add the grated or finely chopped raw onion and chopped green onions and mix all together. The liver mixture should still be warm, and will slightly cook the onions. Season mixture with salt and pepper to taste and add at least 1 tablespoon paprika (more if desired, or if you're Hungarian!).
- Add 1 tablespoon chopped parsley.
- Mix well with a large spoon and refrigerate for 1 to 2 hours.
- Place lettuce leaves on plates, top with chopped liver and sprinkle generously with paprika and 1 tablespoon fresh chopped parsley.
- Garnish with sprigs of fresh parsley. Enjoy!

## Nutrition Facts

 **PROTEIN 41.37%**  **FAT 49.1%**  **CARBS 9.53%**

## Properties

Glycemic Index:13.25, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:47.586086667102%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

## Nutrients (% of daily need)

Calories: 245.91kcal (12.3%), Fat: 13.33g (20.51%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.98g (2.19%), Cholesterol: 531.1mg (177.03%), Sodium: 329.22mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.55%), Vitamin A: 20485.91IU (409.72%), Vitamin B12: 19.22µg (320.29%), Folate: 794.52µg (198.63%), Vitamin B2: 2.29mg (134.56%), Selenium: 73.95µg (105.64%), Vitamin K: 98.32µg (93.64%), Vitamin B5: 7.76mg (77.61%), Iron: 11.85mg (65.84%), Vitamin B3: 11.51mg (57.53%), Vitamin B6: 1.12mg (56.03%), Phosphorus: 434.05mg (43.41%), Copper: 0.62mg (30.96%), Vitamin C: 24.99mg (30.29%), Vitamin B1: 0.44mg (29.24%), Zinc: 3.71mg (24.71%), Manganese: 0.47mg (23.25%), Potassium: 563.72mg (16.11%), Vitamin E: 2.09mg (13.93%), Magnesium: 40.97mg (10.24%), Fiber: 2.49g (9.96%), Calcium: 62.29mg (6.23%), Vitamin D: 0.82µg (5.5%)