



Warm chicken liver salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 140 g green beans fine
- ☐ 200 g chicken livers trimmed
- ☐ 0.5 tbsp olive oil
- ☐ 0.5 tsp rosemary fresh chopped
- ☐ 1 baby gem lettuce whole separated
- ☐ 100 g watercress
- ☐ 3 tbsp balsamic vinegar
- ☐ 4 servings crusty granary bread

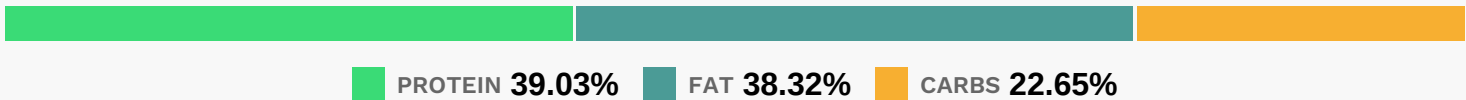
Equipment

☐ frying pan

Directions

- ☐ Cook the green beans in a pan of boiling water for 3 mins, drain and keep warm. Meanwhile, toss together the chicken livers, olive oil and rosemary.
- ☐ Heat a large non-stick pan and cook the chicken livers over a high heat for 5–6 mins until nicely browned and cooked through they should still be a little pink in the centre.
- ☐ Arrange the beans on serving plates with the lettuce leaves and watercress.
- ☐ Add the vinegar to the pan, cook for a couple of seconds then spoon over the salad.
- ☐ Serve warm with crusty granary bread.

Nutrition Facts



Properties

Glycemic Index:52.13, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:30.09391289172%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.91mg, Kaempferol: 5.91mg, Kaempferol: 5.91mg, Kaempferol: 5.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 102kcal (5.1%), Fat: 4.3g (6.61%), Saturated Fat: 1.06g (6.59%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.03g (3.37%), Cholesterol: 172.5mg (57.5%), Sodium: 56.76mg (2.47%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.85g (19.7%), Vitamin B12: 8.29µg (138.17%), Vitamin A: 6599.32IU (131.99%), Folate: 309.22µg (77.31%), Vitamin K: 78.93µg (75.17%), Vitamin B2: 0.96mg (56.47%), Selenium: 28.02µg (40.03%), Vitamin B5: 3.28mg (32.77%), Vitamin C: 24.01mg (29.11%), Iron: 5.05mg (28.05%), Vitamin B3: 5.22mg (26.1%), Vitamin B6: 0.51mg (25.48%), Phosphorus: 180.26mg (18.03%), Copper: 0.29mg (14.72%), Manganese: 0.29mg (14.33%), Vitamin B1: 0.21mg (14.07%), Zinc: 1.47mg (9.79%), Potassium: 287.05mg (8.2%), Vitamin E: 1mg (6.65%), Magnesium: 25.37mg (6.34%), Calcium: 51.09mg (5.11%), Fiber: 1.11g (4.43%)