



WHATSheATE



HEALTH SCORE

82%

Warm salad of chicken livers, smoked paprika & sherry



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



603 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 100 g hazelnuts for the sauce, below
- ☐ 2 tbsp olive oil
- ☐ 1 small knob butter
- ☐ 450 g chicken livers cut into bite-size pieces
- ☐ 125 ml cooking sherry
- ☐ 0.5 juice of lemon
- ☐ 120 g arugula

- ☐ 4 servings sherry vinegar
- ☐ 2 garlic clove
- ☐ 20 g flat parsley
- ☐ 3 tbsp hazelnuts
- ☐ 2 tsp paprika smoked hot
- ☐ 4 tbsp olive oil

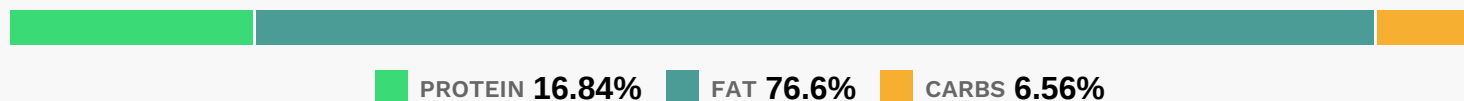
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Put all the ingredients for the sauce into a food processor, then whizz to a rough paste.
- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Put the remaining hazelnuts onto a baking sheet, roast for 5 mins until lightly toasted, roughly chop, then set aside.
- ☐ Now make the salad add the olive oil and butter to a large frying pan over a medium-high heat. Quickly fry the livers in 2 batches until browned, about 2 mins per batch.
- ☐ Add the sherry, then bubble for a few mins over a high heat. Stir in the sauce and allow it to thicken and heat through. Splash in the lemon juice, then season to taste. Dress the salad leaves with a little sherry vinegar. Spoon the livers and sauce onto serving plates, sprinkle with the toasted chopped hazelnuts, then scatter over the dressed salad leaves and serve straightaway.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:56.626086857008%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 603.38kcal (30.17%), Fat: 50.83g (78.21%), Saturated Fat: 8.86g (55.38%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 5.61g (2.04%), Sugar: 2.59g (2.88%), Cholesterol: 399.41mg (133.14%), Sodium: 127.91mg (5.56%), Alcohol: 3.27g (100%), Alcohol %: 1.66% (100%), Protein: 25.15g (50.3%), Vitamin B12: 18.66µg (311.02%), Vitamin A: 14226.45IU (284.53%), Folate: 736.68µg (184.17%), Vitamin K: 133.28µg (126.93%), Manganese: 2.48mg (123.94%), Vitamin B2: 2.09mg (122.87%), Selenium: 62.66µg (89.52%), Vitamin B5: 7.52mg (75.21%), Iron: 12.86mg (71.42%), Vitamin E: 9.27mg (61.82%), Vitamin B6: 1.23mg (61.34%), Vitamin B3: 11.84mg (59.18%), Copper: 1.16mg (57.84%), Phosphorus: 459.98mg (46%), Vitamin C: 35.29mg (42.77%), Vitamin B1: 0.58mg (38.58%), Zinc: 4.1mg (27.34%), Magnesium: 96.81mg (24.2%), Potassium: 676.76mg (19.34%), Fiber: 4.19g (16.76%), Calcium: 110.8mg (11.08%)