GLOBAL · SNACK

Chicken Liver Pâté with Butter

105 min · Serves 16 · 124 kcal a serve · Video 14:17 · Ketogenic Woman

Carnivore · Gluten-free ingredients · Nut-free

Liver is one of the richest food sources of vitamin A and B12 and also gives folate and some iron: a 2-tbsp serve gives about a day's vitamin A and more than a day's B12. The butter makes it high in saturated fat, so keep portions small.

Diet notes: Keto (0.3 g net carbs a serve).

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Ingredients 4 · SERVES 16

- [ ] 450 g **chicken livers**, rinsed and patted dry
- [ ] 1½ sticks (12 tbsp, about 170 g) **butter**
- [ ] 60 ml **heavy cream**
- [ ] ½ tsp **onion salt** (plain salt for strict carnivore)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse and drain the chicken livers and pat them dry with paper towel. There's no need to trim them, since everything gets blended. 2:29
2. Melt part of the butter in a frying pan over medium heat and cook the livers, turning, until browned outside and only slightly pink inside (cook them through if you prefer). 2:50
3. Add the rest of the butter to the pan, let it melt, then take the pan off the heat and leave it to cool for 10–15 minutes. 4:58
4. Scrape the livers, butter and every bit of pan juice into a blender with ½ tsp onion salt and 60 ml cream. Blend on medium for about 20 seconds until smooth, then taste for salt. 6:20
5. Spoon into a dish and refrigerate for about an hour, until it sets to a soft, scoopable texture. Serve cold with slices of roast beef, crisp bacon or pork rinds, or alongside a meat meal. 8:54

> **Tip** Makes just over 470 ml (16 serves of 2 tbsp). Time includes about an hour of chilling (our estimate). Keep chilled and eat within 3–4 days. The cook uses onion salt; plain salt keeps it strictly carnivore. Beef or lamb liver also works.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
124 kcal	**5.4 g**	**0.3 g**	**0 g**	**11 g**	**90 mg**
520 kJ	11% of a day	0.3 g net · 0.1 g sugars	0% of a day	6.7 g saturated	4% of a day
		0% of a day		14% of a day	

Energy from net carbs 1% · protein 18% · fat 81% — fits keto: 0.3 g net carbs, 81% of the energy from fat

High in (20%+ of a day) Vitamin B12 151% · Vitamin A 104% · Selenium 32% · Folate 31%

Source of (10–19%) Iron 14% · Vitamin B6 10%

Recipe and video: Ketogenic Woman (@KetogenicWoman) on YouTube — youtube.com/watch?v=31HsRsiu0Cw, published 27 November 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-liver-pate-butter