GLOBAL · DINNER · LUNCH

Pan-Fried Chicken Livers with Bacon and Butter

20 min · Serves 2 · 395 kcal a serve · Video 4:40 · Minimalist Keto

Gluten-free ingredients · Nut-free

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Chicken liver is one of the richest foods for vitamin A, B12 and folate, and one serve gives about 33 g of protein plus iron and selenium, cooked in minutes with butter and a little bacon.

Diet notes: Carnivore if you leave out the onion; Keto (2.5 g net carbs a serve).

Ingredients 6 · SERVES 2

- [ ] 320 g **chicken livers**, rinsed and cut into small pieces
- [ ] 20 g **butter**
- [ ] 55 g **bacon**, chopped (weighed raw)
- [ ] the **fat rendered** from the same bacon, left in the pan
- [ ] 32 g chopped **onion** (optional; leave out for strict carnivore)
- [ ] **sea salt**, to taste

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the chicken livers under cold water to take away any bitterness, pat dry and cut into small pieces. 1:48
2. Melt the butter in a frying pan over medium-high heat, add the chopped bacon and fry until lightly browned. Add the onion now if you are using it and stir for a minute. 2:07
3. Add the livers, mix them through the bacon and fat, and season with sea salt. 2:43
4. Cover and cook for 2½ minutes, stir, then cover again for about 2 minutes more, until just cooked through (less if you like them pink). 2:54
5. Serve straight away, with an extra knob of butter melted over the top if you like. 3:19

> **Tip** Serves 2 (the cook's per-plate figures). Beef or lamb liver work too but taste stronger. Add 20 g more butter on top for a richer plate. Vitamin A is very high: once or twice a week is plenty, and less if pregnant.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
395 kcal	34 g	2.8 g	0.3 g	27 g	670 mg
1,650 kJ	67% of a day	2.5 g net · 0.7 g sugars	1% of a day	12 g saturated	29% of a day
		1% of a day		35% of a day	

Energy from net carbs 3% · protein 35% · fat 62% — fits keto: 2.5 g net carbs, 62% of the energy from fat

High in (20%+ of a day) Vitamin B12 851% · Vitamin A 539% · Selenium 190% · Folate 174% · Iron 78% · Vitamin B6 58% · Zinc 47% · Vitamin C 39%

Source of (10–19%) Omega-3 12%

Recipe and video: Minimalist Keto (@mostlyKeto) on YouTube — youtube.com/watch?v=vAE6o4M0ifQ, published 14 December 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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-livers-bacon-butter