PORTUGUESE · SNACK

Moelas à Portuguesa (Chicken Gizzards in Tomato and Wine)

Moelas à portuguesa

80 min | Serves 6 | 191 kcal a serve | Video 5:47 in Portuguese · Momentos Doces e Salgados

Gluten-free ingredients | Dairy-free | Nut-free

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20 g protein and only 4 g net carbs a portion from chicken gizzards braised with tomato, red pepper and wine — rich in selenium, zinc and vitamin B12.

Diet notes: Low carb (4 g net carbs) but not keto: 40% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 13 · SERVES 6

- [ ] 500 g **chicken gizzards** (moelas), trimmed and cut in pieces
- [ ] **olive oil** (about 3 tbsp)
- [ ] 1 **onion**, finely diced
- [ ] 3 **garlic** cloves, finely chopped
- [ ] 1 **bay leaf**
- [ ] a small bunch of **parsley** (a few sprigs in the pot, the rest chopped to finish)
- [ ] ½ **red capsicum** (bell pepper), diced
- [ ] 1 **malagueta chilli** (small red chilli), or a pinch of dried piri-piri
- [ ] 2 tsp (1 dessertspoon) **sweet paprika** (pimentão doce)
- [ ] 3 tbsp **polpa de tomate** (thick tomato pulp)
- [ ] 100 ml **dry white wine**
- [ ] a little **water**, just to cover (about 250 ml), plus more if the sauce gets too thick
- [ ] **salt** to taste

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the gizzards well, trim off any fat and membrane, and cut them into small pieces (halves or quarters depending on size). 0:45
2. Heat the olive oil in a pot and fry the diced onion until soft. Add the chopped garlic and fry a little more without letting it burn. 1:01
3. Add the bay leaf (broken in half), a few sprigs of parsley and the diced red pepper. 1:56
4. Add the gizzards and let them fry for a few minutes, stirring, until they take on colour. 2:43
5. Add the chilli, the sweet paprika, the tomato pulp and the white wine, season with salt, then pour in just enough water to cover. 3:03
6. Cover and simmer gently for about 1 hour, stirring now and then and adding a splash of water if the sauce gets too thick, until the gizzards are tender. 3:53
7. Remove the bay leaf, adjust the salt, and serve in a clay dish scattered with chopped parsley. 4:25

> **Tip** Makes 6 petisco (tapas-style) portions, as the cook says; or serves 3 as a main. In Portugal it is eaten with bread or rice — a salad keeps it lower in carbs. Tomatoes (2–3, chopped) can replace the tomato pulp.

The method is a summary in our words, in English — the video (in Portuguese) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
191 kcal	20 g	5.2 g	1.2 g	8.6 g	430 mg
800 kJ	40% of a day	4 g net · 2.2 g sugars	4% of a day	1.4 g saturated	19% of a day
		2% of a day		11% of a day	

Energy from net carbs 9% · protein 46% · fat 45% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 48% · Vitamin K 39% · Zinc 27% · Vitamin B12 27% · Vitamin C 26%

Source of (10–19%) Iron 15% · Vitamin E 11% · Vitamin B6 10%

Recipe and video: Momentos Doces e Salgados (@MomentosDoceseSalgados) on YouTube — youtube.com/watch?v=ElRCWqUo9a4, published 16 September 2022. 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/moelas-a-portuguesa