

Chicken Liver Crostini

50 Antipasti
Food Network Magazine

1 shallot, minced
2 tablespoons olive oil
8 ounces chicken livers
1 tablespoon capers
1 teaspoon Kosher salt
1 teaspoon sage
1 teaspoon rosemary
1/4 teaspoon red pepper flakes
1/4 cup white wine
1/4 cup olive oil
sliced ciabatta bread

In a skillet, saute' the shallot in olive oil until softened, about 5 minutes.

Add the chicken livers, capers, Kosher salt, sage, rosemary and red pepper flakes.

Cook until just cooked through, about 5 minutes.

Add the wine. Simmer until reduced by half, about 1 minute. Cool.

Puree' with 1/4 cup of olive oil.

Spread on toasted sliced ciabatta.

Per Serving (excluding unknown items): 1054 Calories; 90g Fat (79.5% calories from fat); 41g Protein; 11g Carbohydrate; 1g Dietary Fiber; 996mg Cholesterol; 2142mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 16 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1054
% Calories from Fat:	79.5%
% Calories from Carbohydrates:	4.3%
% Calories from Protein:	16.2%
Total Fat (g):	90g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	62g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	996mg
	11g

Vitamin B6 (mg):	1.7mg
Vitamin B12 (mcg):	52.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	4.4mg
Folacin (mcg):	1679mcg
Niacin (mg):	21mg
Caffeine (mg):	0mg
Alcohol (kcal):	40
% Daily Value:	0 0%

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 1g
Protein (g): 41g
Sodium (mg): 2142mg
Potassium (mg): 619mg
Calcium (mg): 59mg
Iron (mg): 20mg
Zinc (mg): 7mg
Vitamin C (mg): 79mg
Vitamin A (i.u.): 47953IU
Vitamin A (r.e.): 14131RE

Grain (Starch): 0
Lean Meat: 6
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 16
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1054 **Calories from Fat:** 838

% Daily Values*

Total Fat 90g	138%
Saturated Fat 14g	70%
Cholesterol 996mg	332%
Sodium 2142mg	89%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	3%
Protein 41g	
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Vitamin A	959%
Vitamin C	132%
Calcium	6%
Iron	114%

* Percent Daily Values are based on a 2000 calorie diet.