

Brussels Sprouts With Fried Chicken Liver

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-chicken-liver-recipe>

Ingredients:

- 2 tablespoons canola oil
- 1 pound brussels sprouts trimmed and halved
- 2 chicken livers large, rinsed and patted dry
- 1 large egg beaten with 1 tablespoon of water
- 1/2 cup plain breadcrumbs
- 1 teaspoon turbinado sugar
- 1 tablespoon red wine vinegar
- 2 tablespoons olive oil

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 55 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 140 milligrams
9. Sugar: 4 grams

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