

Chopped Chicken Livers

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-deli-chopped-chicken-liver-recipe>

Ingredients:

- 1/2 cup vegetable oil plus more as needed
- 2 cups yellow onion chopped
- 1 pound chicken livers
- 1 teaspoon minced garlic
- 3 eggs hard-cooked, peeled
- freshly ground pepper
- salt
- matzo for serving

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 365 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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