

# Sweet & Spicy Chicken Liver Bites

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving, 3 pieces):** Total carbs: 1.4 g, Fiber: 0.3 g, **Net carbs: 1 g,**

Protein: 27.6 g, Fat: 21.1 g, Calories: 309 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 12 pieces chicken liver (340 g/ 12 oz)
- 1/2 tsp sea salt
- 12 slices of bacon (450 g/ 1 lb)
- 1 tbsp granulated [Swerve](#) or [Erythritol](#) (10 g/ 0.4 oz)
- 1 tsp paprika
- 1/2 tsp cayenne, or to taste
- 1/2 tsp black pepper

## Instructions

1. Preheat your ovens broiler and line a baking sheet with aluminum foil.
2. Sprinkle the chicken livers with salt and wrap each piece in a slice of bacon securing the end with a toothpick or skewer.
3. Mix the remaining spices together... ... and sprinkle both sides of the liver bites.
4. Broil for 6-8 minutes per side rotation occasionally until the bacon is crisp and the livers are cooked through. Serve immediately, or store up to 3 days and reheat as needed.

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