



## Beef Liver 40/4 Oz Slices

**Product Description** - The Superfood Powerhouse. Beef Liver Is One Of The Most Nutrient-dense Foods Available - It's Low In Calories, Rich In High-quality Protein And Contains An Incredible Amount Of Essential Vitamins And Minerals. The Health Benefits Of Such A High-protein Intake Speak For Themselves, Having Been Shown To Increase Metabolic Rate, Reduce Appetite And Help Build And Preserve Muscle During Weight Loss. Liver Also Supports Healthy Brain Function, And Helps Your Body Product Natural Energy Through Healthy Cell Function. Don't Underestimate The Super Power Of Beef Liver.

Product Code - 1068306

GTIN - 10079041683067

### Master Case

Piece Count	Net Weight	Gross Weight
1	10	11.09
Width	Length	Height
8.75"	18.125"	3.125"
TI	HI	Cube
10	15	0.29 cubic ft

### Storage

Shelf Life	Storage Temp	Storage Method
365 days from production	Storage Handling: -10°F-0°F	Keep Frozen

### Preparation

Gently Rinse Liver Slices Under Cold Water And Place In A Medium Bowl. Pour In Enough Milk To Cover. Let Stand While Preparing Onions. Melt 2 Tablespoons Of Butter In A Large Skillet Over Medium Heat. Separate Onion Rings And Saute Them In Butter Until Soft. Remove Onions And Melt Remaining Butter In The Skillet. Season The Flour With Salt And Pepper And Put It In A Shallow Dish Or On A Plate. Drain Milk From Liver And Coat Slices In The Flour Mixture. When The Butter Has Melted, Turn The Heat Up To Medium-High And Place The Coated Liver Slices In The Pan. Cook Until Nice And Brown On The Bottom. Turn And Cook On The Other Side Until Browned. Add Onions And Reduce Heat To Medium. Cook A Bit Longer To Taste.

### Ingredients

Beef Liver

## Nutrition Facts

Serving Size – 4 oz

Calories 150

Calories from Fat 35

Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 310mg	103%
Sodium 75mg	3%
Total Carbs 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	

Vitamin A 380%	Calcium 0%
Vitamin C 2%	Iron 30%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.