



Individually Wrapped Beef Liver 16/1 Lb Bag

Product Description - Skylark Meats Beef Liver Is A Classic That Is Sure To Bring The Tastes Of Home To Your Dinner Table. This Highly Nutritional, Usda Approved Protein Can Be Sautéed With Onions, Stir-fried With Your Favorite Vegetable, Or Turned Into A Savory Pork Liver Pâté For A Tasty Appetizer. Liver Is Not Only An Excellent Source Of Protein But Vitamin A And Iron As Well. Each Serving Is Individually Wrapped In Easy-peel Packaging. Nutritious And Delicious, Our Breaded Liver Will Give A Powerful Punch Of Nostalgia That Will Have You Making Liver A Weekly Meal!

Product Code - 1022638
GTIN - 10079041226387
UPC Code - 079041226380

Master Case

Piece Count	Net Weight	Gross Weight
	16	17.8
Width	Length	Height
8.5"	18.75"	10.25"
TI	HI	Cube
10	8	0.95 cubic ft

Retail Pack

Net Weight	Width	Length	Height
1	3"	8.75"	10"

Storage

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

Preparation

1.Remove Liver Slices From Pouch And Set Aside To Thaw. 2. Melt 1 Tablespoon Of Butter In A Skillet Over Medium Heat. Separate Onion Rings, And Sauté Until Soft. Remove Onions; Melt Remaining Butter In The Skillet. 3. In A Shallow Dish, Season The Flour With Salt And Pepper. Coat The Liver Slices In The Flour Mixture. 4. When Butter Has Melted, Turn The Heat Up To Medium-High, And Place The Coated Liver Slices In The Pan. Cook Until Brown On The Bottom. Turn, And Cook The Other Side Until Browned. Add Onion, 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	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 310mg	103%
Sodium 80mg	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.