



**AMERICAN
FOODS GROUP**

Distributed By: American Foods Group, LLC
Omaha, NE 68137

www.AmericanFoodsGroup.com

Product: Beef Liver

Nutrition Facts

Serving Size 1 piece (113g)

Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 310mg **103%**

Sodium 80mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 23g

Vitamin A 380% • Vitamin C 2%

Calcium 0% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4