



## Skylark Beef Liver 32/5 Oz Slices

**Product Description** - Quality From The Beginning, Sliced, Skinned, Deveined. Our Tender Beef Liver Harmonizes Perfectly With Traditional Dishes As Well As New Flavorful Favorites. An Excellent Source Of Protein, Vitamin A, And Iron.

Product Code - 22590  
GTIN - 10079041225908

### Master Case

| Piece Count | Net Weight | Gross Weight  |
|-------------|------------|---------------|
| 1           | 10         | 10.84         |
| 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 – 3.5 oz

Calories 140

Calories from Fat 45

|                     |     |
|---------------------|-----|
| Total Fat 3.5g      | 4%  |
| Saturated Fat 1.23g | 6%  |
| Trans Fat 0.17g     |     |
| Cholesterol 275mg   | 92% |
| Sodium 70mg         | 3%  |
| Total Carbs 4g      | 1%  |
| Dietary Fiber 0g    | 0%  |
| Sugars 0g           |     |
| Protein 20g         |     |

|                |            |
|----------------|------------|
| Vitamin A 480% | Calcium 0% |
| Vitamin C 4%   | Iron 25%   |

\*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.