

Skylark

445217 - Beef Liver 27/6 oz Slices

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.



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
22560	445217	10079041225601	27 x 6 OZ

Brand	Brand Owner	GPC Description
Skylark	American Foods Group	Beef - Unprepared/Unprocessed

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.04 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
18.125 INH	8.75 INH	3.125 INH	0.29 FTQ	10x15	365 Days	-10 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

Simply Serve This Traditional Food With Fried Onions Next To Some Mashed Potatoes And Gravy. Add Your Favorite Vegetable To Complete The Meal.

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

PREPARATION & COOKING SUGGESTIONS

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.

Nutrition Facts

27 Servings per container

Serving Size1 Slice (170g)

Amount Per ServingCalories230

% Daily Value\*

Total Fat 69%

Saturated Fat 2 g10%

Trans Fat 0 g

Cholesterol 470 mg157%

Sodium 115 mg5%

Total Carbohydrates 7 g2%

Dietary Fiber 0 g0%

Total Sugars 0 g

Includes Added Sugars%

Protein 35 g

Vitamin D%

Calcium0%

Iron45%

Potassium%

\* The % Daily Values (DV) 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.

INGREDIENTS

Beef Liver

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NUTRITIONAL ANALYSIS



Calories	230	Total Fat	6	Sodium	115 mg
Protein	35 g	Trans Fat	0 g	Calcium	
Total Carbohydrates	7 g	Saturated Fat	2 g	Iron	
Sugars	0 g	Added Sugars		Potassium	
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	470 mg		
Vitamin A (IU)		Vitamin D		Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



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