

Skylark

445217 - Beef Liver 27/6 oz Slices

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 d...



MARKETING

Sliced. Skinned. Deveined. Excellent Source of Protein, Vitamin A, and Iron

Nutrition Facts

46 Servings per container

Serving Size3.5 oz. (100g)

Amount Per Serving

Calories140

% Daily Value*

Total Fat3.54%

Saturated Fat1.23 g6%

Trans Fat0.17 g

Cholesterol275 mg92%

Sodium70 mg3%

Total Carbohydrates4 g1%

Dietary Fiber0 g0%

Total Sugars0 g

Includes 0 g Added Sugars0%

Protein20 g

Vitamin D1.2 mcg6%

Calcium5 mg0%

Iron4.9 mg25%

Potassium313 mg6%

* 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.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
1022560	445217	10079041225601	27/6 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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	FSMA204	NOT_APPLICABLE	NOT_COVERED_BY_FTL			

HANDLING SUGGESTIONS

Keep Frozen

ALLERGENS

Milk - N

Eggs - N

Soybean - N

Wheat - N

Sesame - N

Mustard - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

Molluscs - N

INGREDIENTS

Beef Liver

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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.

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.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	140
Protein	20 g
Total Carbohydrates	4 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3.5
Trans Fat	0.17 g
Saturated Fat	1.23 g
Added Sugars	0 g
Polyunsaturated Fat	0.46 g
Monounsaturated Fat	0.48 g
Cholesterol	275 mg
Vitamin D	1.2 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	70 mg
Calcium	5 mg
Iron	4.9 mg
Potassium	313 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

