

# 445320 - Beef Liver 53/3 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

USDA Approved. Excellent Source of Protein, Vitamin A, and Iron. Keep Frozen. Skinned and Deveined

### PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
1022470	445320	10079041224703	53/3 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
10.34 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
- Eggs - N
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

### HANDLING SUGGESTIONS

Keep Frozen

### MORE INFORMATION

### 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.

### 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

46 Servings per container

**Serving Size** 3.5 oz. (100g)

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**Amount Per Serving**

**Calories** **140**

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% Daily Value\*

<b>Total Fat</b> 3.5	<b>4%</b>
Saturated Fat 1.23 g	<b>6%</b>
Trans Fat 0.17 g	
<b>Cholesterol</b> 275 mg	<b>92%</b>
<b>Sodium</b> 70 mg	<b>3%</b>
<b>Total Carbohydrates</b> 4 g	<b>1%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 20 g	
Vitamin D 1.2 mcg	6%
Calcium 5 mg	0%
Iron 4.9 mg	25%
Potassium 313 mg	6%

\* 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	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

