

Skylark

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

Nutrition Facts

46 Servings per container

Serving Size3.5 oz. (100g)

Amount Per Serving

Calories140

% Daily Value*

Total Fat 3.54%

Saturated Fat 1.23 g6%

Trans Fat 0.17 g

Cholesterol 275 mg92%

Sodium 70 mg3%

Total Carbohydrates 4 g1%

Dietary Fiber 0 g0%

Total Sugars 0 g

Includes 0 g Added Sugars0%

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

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.

INGREDIENTS

Beef Liver

HANDLING SUGGESTIONS

Keep Frozen

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.

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	140	Total Fat	3.5	Sodium	70 mg
Protein	20 g	Trans Fat	0.17 g	Calcium	5 mg
Total Carbohydrates	4 g	Saturated Fat	1.23 g	Iron	4.9 mg
Sugars	0 g	Added Sugars	0 g	Potassium	313 mg
Dietary Fiber	0 g	Polyunsaturated Fat	0.46 g	Zinc	
Lactose		Monounsaturated Fat	0.48 g	Phosphorus	
Sucrose		Cholesterol	275 mg		
Vitamin A (IU)		Vitamin D	1.2 mcg	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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