

445301 - Individually Wrapped Beef Liver 40/4 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

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



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
1022598	445301	10079041225984	40/4 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
11.035 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.5 INH	8.75 INH	5 INH	0.44 FTQ	10x10	549 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.

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



Nutrition Facts

46 Servings per container

Serving Size3.5 oz (100g)

Amount Per ServingCalories140

% 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%

Protein 20 g

Vitamin D 1.2 mcg6%

Calcium 5 mg0%

Iron 4.9 mg25%

Potassium 313 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.

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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