



## Beef Liver 40/4 oz Slices

**Product Description** - 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 during weight loss. Liver also supports healthy brain function, and helps your body product natural energy through healthy cell function. Don't underestimate the super power of beef liver.

### Features & Benefits

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

Product Code - 1068306

GTIN - 10079041683067

### Master Case

| Piece Count | Net Weight | Gross Weight  |
|-------------|------------|---------------|
| 40          | 10         | 11.09         |
| Width       | Length     | Height        |
| 8.75        | 18.125     | 3.125         |
| TI          | HI         | Cube          |
| 10          | 15         | 0.29 cubic ft |

### Storage

| Shelf Life               | Storage Temp                  | Storage Method |
|--------------------------|-------------------------------|----------------|
| 365 days from production | Storage Handling: -10°F - 0°F | Keep Frozen    |

### Ingredients

Beef Liver



## Nutrition Facts

Serving Size – 4 oz

Calories 150

|                    |      |
|--------------------|------|
| Total Fat 4g       | 5%   |
| Saturated Fat 1.5g | 8%   |
| Trans Fat 0g       |      |
| Cholesterol 310mg  | 103% |
| Sodium 75mg        | 3%   |
| Total Carbs 4g     | 1%   |
| Dietary Fiber 0g   |      |
| Sugars 0g          |      |
| Protein 23g        |      |

Iron 30%

\*The % Daily Value 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.