



Nutrition Facts

Serving Size – 4 oz

Calories 150

Calories from Fat 35

Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 310mg	103%
Sodium 80mg	3%
Total Carbs 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	

Vitamin A 380%	Calcium 0%
Vitamin C 2%	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.



Individually Wrapped Grass Fed Beef Liver 16/1 Lb Bag

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.

Product Code - 22640

GTIN - 10079041226400

UPC Code - 079041226403

Master Case

Piece Count	Net Weight	Gross Weight
	16	17.8
Width	Length	Height
8.5"	18.75"	10.25"
TI	HI	Cube
8	10	0.95 cubic ft

Retail Pack

Net Weight	Width	Length	Height
1	3"	8.75"	10"

Storage

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

Preparation

1.Remove Liver Slices From Pouch And Set Aside To Thaw. 2. Melt 1 Tablespoon Of Butter In A Skillet Over Medium Heat. Separate Onion Rings, And Sauté Until Soft. Remove Onions; Melt Remaining Butter In The Skillet. 3. In A Shallow Dish, Season The Flour With Salt And Pepper. Coat The Liver Slices In The Flour Mixture. 4. When Butter Has Melted, Turn The Heat Up To Medium-High, And Place The Coated Liver Slices In The Pan. Cook Until Brown On The Bottom. Turn, And Cook The Other Side Until Browned. Add Onion, And Reduce Heat To Medium. Cook A Bit Longer To Taste.

Ingredients

Beef Liver

