



Skylark Beef Liver 32/5 Oz Slices

Product Description - 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.

Product Code - 22590

GTIN - 10079041225908

Master Case

Piece Count	Net Weight	Gross Weight
1	10	10.84

Width	Length	Height
8.75"	18.125"	3.125"

Tl	Hl	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

Preparation

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.

Ingredients

Beef Liver

Nutrition Facts

Serving Size – 5 oz

Calories 190

Calories from Fat 45

Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 390mg	130%
Sodium 100mg	4%
Total Carbs 6g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 29g	

Vitamin A 480%	Calcium 0%
Vitamin C 4%	Iron 40%

*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.