



Tray Shingle Beef Liver 16/1 Lb Packages

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 - 23155

GTIN - 10078429231555

Master Case

Piece Count	Net Weight	Gross Weight
	16	17.86
Width	Length	Height
9"	17"	8"
TI	HI	Cube
10	8	0.71 cubic ft

Storage

Shelf Life	Storage Temp	Storage Method
549 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



INGREDIENTS:
BEEF LIVER

Nutrition Facts	
Serving Size 1 Piece (113g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 35
Total Fat 4g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 310mg	
Sodium 80mg	
Total Carbohydrate 4g	
Dietary Fiber 0g	
Sugars 0g	
Protein 23g	
Vitamin A 380%	
Calcium 0%	
Vitamin C 2%	
Iron 30%	



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.