Beef Liver 20/4 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 - 1023301
GTIN - 10079041233019

Master Case

Case Quantity	Net Weight	Gross Weight
1	5	5.09

Width	Length	Height
8.5	14	4

TI	HI	Cube
12	12	0.28 cubic ft

Storage

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

Ingredients

Beef Liver

Additional Description

Skylark Frozen Beef Liver, 20-4 Ounce Slices Per 1 5 Pound Net Weight Master Case

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

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general nutrition advice.

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