

Nutrition Facts

Serving Size:

◆ **slice (3 oz) (85g)**
Beef Liver

Amount Per Serving

Calories **162**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0.3g

Polyunsaturated Fat 0.9g

Monounsaturated Fat 1g

Cholesterol 337mg **112%**

Sodium 67mg **3%**

Total Carbohydrates 4.4g **2%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 25g

Vitamin D 1mcg **5%**

Calcium 5.1mg **0%**

Iron 5.6mg **31%**

Potassium 299.2mg **6%**

Caffeine 0mg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.