

Barbecued Beef Liver

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-liver-chinese-style-recipe>

Ingredients:

- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 pound beef liver thinly sliced
- 1/3 cup water
- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon vinegar
- 1 tablespoon worcestershire sauce
- 1 dash garlic powder
- 1 tablespoon vegetable oil

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 310 milligrams
4. Fat: 8 grams
5. Protein: 24 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 590 milligrams
8. Sugar: 8 grams

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