

Beef Liver with Bacon and Caramelized Onions

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1/2 cup milk
- 1 pound beef liver grassfed, cut into strips
- 3 onions large, sliced
- 4 slices bacon no nitrate
- 5 tablespoons butter divided
- salt to taste

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 370 milligrams
4. Fat: 32 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 15 grams
8. Sodium: 630 milligrams
9. Sugar: 5 grams

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