

Beef Liver and Onions

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1/4 cup flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound beef liver
- 1/2 cup butter
- oil to taste
- 2 cups onions thinly sliced
- 2 tablespoons fresh sage minced
- 1/2 cup beef stock
- 1/4 cup dry white wine
- 1 tablespoon Italian parsley minced

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 375 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 16 grams
8. Sodium: 600 milligrams
9. Sugar: 4 grams

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