

# Tasty Beef Liver With Mushrooms

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1/4 cup coconut flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper
- 1 pound beef liver cut in strips
- 3 tablespoons coconut oil
- 1 cup sliced mushrooms
- 1/2 cup scallions sliced
- 1/2 cup celery sliced
- 1 cup chicken broth

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 310 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 14 grams
8. Sodium: 410 milligrams
9. Sugar: 1 grams

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