

Liver & Bacon With Onion Gravy

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-lamb-liver-recipe>

Ingredients:

- 4 smoked bacon rashers
- 2 tablespoons plain flour seasoned
- 1 pinch sage dried, optional
- 6 slices lambs liver about 400g/14oz
- 1 tablespoon olive oil
- 1 onion thinly sliced
- 1 1/4 cups beef stock
- 2 tablespoons ketchup

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 40 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 9 grams
8. Sodium: 940 milligrams
9. Sugar: 7 grams

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