

Liver and Onions

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 3 tablespoons butter
- 1 onion diced
- 2 teaspoons white sugar
- 1 pound livers calves'
- 1/4 cup all purpose flour
- 1 tablespoon butter
- salt
- pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 340 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 360 milligrams
9. Sugar: 3 grams

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