

Liver and Bacon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



35 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon
- 1 pound calves' liver sliced
- 5.5 ounce pork rub flavored

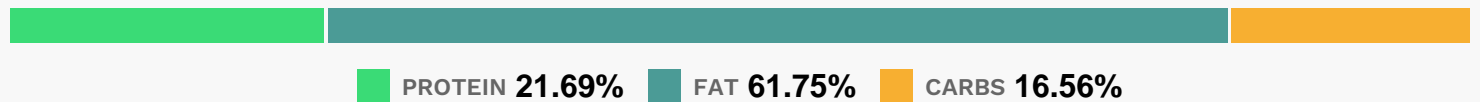
Equipment

- frying pan
- ziploc bags

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Transfer bacon to a plate, reserving a small amount of grease in the pan and the rest aside.
- Pour seasoning coating mix into a large resealable plastic bag.
- Place calves' liver in bag one slice at a time; seal, and toss to coat.
- Cook liver in bacon grease over medium high heat, turning occasionally to brown both sides. Depending on the size of your skillet you may need to work in batches and add more bacon grease. Liver is done when juices run clear. Return bacon to the skillet during the last 2 minutes of cooking to warm through.
- Serve hot with your favorite side dish.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:52.086956376615%

Nutrients (% of daily need)

Calories: 497.09kcal (24.85%), Fat: 34.71g (53.39%), Saturated Fat: 11.84g (73.99%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 18.02g (6.55%), Sugar: 0.8g (0.89%), Cholesterol: 257.79mg (85.93%), Sodium: 559.64mg (24.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.85%), Vitamin B12: 45.21µg (753.47%), Copper: 7.63mg (381.27%), Vitamin A: 13486.62IU (269.73%), Vitamin K: 211.64µg (201.57%), Vitamin B2: 2.19mg (129.04%), Manganese: 2.02mg (101.23%), Iron: 13.19mg (73.27%), Vitamin B3: 13.77mg (68.86%), Vitamin B6: 1.36mg (68.14%), Selenium: 47.08µg (67.26%), Folate: 255.1µg (63.77%), Vitamin B5: 5.84mg (58.42%), Phosphorus: 445.87mg (44.59%), Zinc: 4.73mg (31.55%), Vitamin B1: 0.42mg (28.01%), Calcium: 266.39mg (26.64%), Magnesium: 80.89mg (20.22%), Potassium: 564.06mg (16.12%), Fiber: 2.94g (11.75%), Vitamin D: 1.21µg (8.06%), Vitamin E: 0.96mg (6.37%), Vitamin C: 4.1mg (4.97%)