



Smothered Beef Liver

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef liver
- ☐ 8 ounce tomato sauce canned
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper black to taste
- ☐ 1 large onion sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt to taste
- ☐ 3 tablespoons vegetable oil

☐ 0.3 cup water

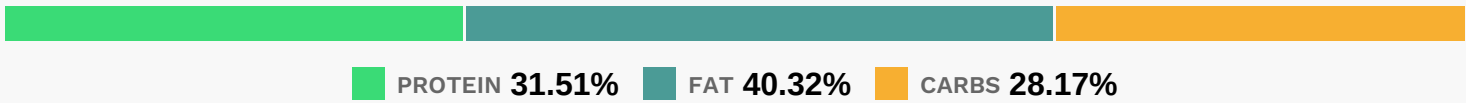
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat vegetable oil in a large skillet over medium heat.
- ☐ Saute onions until soft, but not browned.
- ☐ Remove from pan using a slotted spoon, and set aside. Slice the liver into serving size pieces, and remove any membrane.
- ☐ In a shallow dish, mix together the flour, salt and pepper. Dredge the liver in the flour mixture, and place into the hot skillet. Brown the liver quickly on each side.
- ☐ Place reserved onions on top of liver pieces.
- ☐ Pour the tomato sauce and water over everything in the pan, lifting the liver pieces to let the tomato sauce coat the bottom of the pan.
- ☐ Sprinkle the oregano over everything, and simmer over low heat for 8 to 10 minutes, stirring occasionally. Adjust salt and pepper to taste. Be careful not to overcook, or liver will be tough. I serve this with mashed potatoes and green beans.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:10.39, Inflammation Score:-10, Nutrition Score:46.449130607688%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 329.71kcal (16.49%), Fat: 14.69g (22.6%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 21.05g (7.66%), Sugar: 3.66g (4.07%), Cholesterol: 311.84mg (103.95%), Sodium: 931.01mg (40.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Vitamin B12: 67.25µg (1120.75%), Copper: 11.17mg (558.52%), Vitamin A: 19413.2IU (388.26%), Vitamin B2: 3.25mg (191.17%), Folate: 370.29µg (92.57%), Vitamin B5: 8.43mg (84.28%), Vitamin B3: 16.48mg (82.41%), Selenium: 50.86µg (72.66%), Vitamin B6: 1.34mg (66.93%), Phosphorus: 482.48mg (48.25%), Iron: 7.02mg (38.98%), Zinc: 4.84mg (32.3%), Manganese: 0.6mg (29.85%), Vitamin K: 25.82µg (24.59%), Vitamin B1: 0.37mg (24.56%), Potassium: 599.73mg (17.14%), Vitamin E: 2.15mg (14.3%), Vitamin C: 8.22mg (9.97%), Magnesium: 37.16mg (9.29%), Vitamin D: 1.36µg (9.07%), Fiber: 2.05g (8.19%), Calcium: 29.93mg (2.99%)