

GRILLED LIVER

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
182 cal	12 g	22 g	5 g	326 mg	478 mg	9 mg

Ingredient

COOKING SPRAY, NONSTICK
 BEEF, LIVER, RAW, SLICED, 4 OZ
 FLOUR, WHEAT, GENERAL PURPOSE
 SALT
 PEPPER, BLACK, GROUND
 PAPRIKA, GROUND

Weight

2 oz
 25 lbs
 2-1/2 lbs
 3-3/4 oz
 1/2 oz
 1 oz

Measure

1/4 cup 1/3 tbsp
 2 qts 1 cup
 1/4 cup 2-1/3 tbsp
 2 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Lightly spray griddle with non-stick cooking spray. Dredge liver in mixture of flour, salt, pepper, and paprika; shake off excess. Brown evenly on both sides on a 375 F. griddle. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.