



# Organ Meats

## CHEAT SHEET



### LIVER

VITAMINS	DV*	MINERALS	DV*
VITAMIN B12	2471%	COPPER	488%
VITAMIN A	552%	IRON	62%
RIBOFLAVIN	163%	SELENIUM	57%
VITAMIN B6	84%	PHOSPHORUS	39%
FOLATE	73%	ZINC	27%

**MACROS:** 135 cal, 3.6 g fat, 20.4 g protein, 3.9 g carbs



### HEART

VITAMINS	DV*	MINERALS	DV*
VITAMIN B12	357%	IRON	54%
NIACIN	54%	SELENIUM	32%
FOLATE	38%	PHOSPHORUS	22%
VITAMIN B6	22%	COPPER	20%
RIBOFLAVIN	16%	MAGNESIUM	6%

**MACROS:** 112 cal, 3.9 g fat, 17.7 g protein, 0.1 g carbs



### GIZZARDS

VITAMINS	DV*	MINERALS	DV*
VITAMIN B12	51%	SELENIUM	37%
NIACIN	19%	IRON	32%
RIBOFLAVIN	14%	ZINC	19%
VITAMIN B6	9%	PHOSPHORUS	15%
VITAMIN C	5%	COPPER	6%

**MACROS:** 89 cal, 18 g protein, 2g fat, 0 g carbs



### KIDNEY

VITAMINS	DV*	MINERALS	DV*
VITAMIN B12	1146%	SELENIUM	202%
RIBOFLAVIN	168%	IRON	58%
VITAMIN B6	52%	PHOSPHORUS	26%
VITAMIN A	47%	ZINC	13%
FOLATE	25%	MANGANESE	8%

**MACROS:** 99 cal, 3.1 g fat, 17.4 g protein, 0.3 g carbs



### BRAIN

VITAMINS	DV*	MINERALS	DV*
VITAMIN B12	397%	PHOSPHORUS	37%
VITAMIN B6	18%	IRON	32%
NIACIN	18%	SELENIUM	31%
RIBOFLAVIN	12%	COPPER	15%
VITAMIN E	5%	ZINC	7%

**MACROS:** 143 cal, 10.3 g fat, 10.9 g protein, 1.1 g carbs



### TONGUE

VITAMINS	DV*	MINERALS	DV*
VITAMIN B12	158%	ZINC	26%
NIACIN	27%	COPPER	19%
RIBOFLAVIN	26%	SELENIUM	17%
VITAMIN B6	18%	IRON	16%
PANTOTHENIC ACID	13%	PHOSPHORUS	11%

**MACROS:** 224 cal, 16.1 g fat, 15 g protein, 4 g carbs

\*DV = Daily Value Nutrition data / 100 g

For recipes on how to cook organ meats visit [TheTypicalMom.com](http://TheTypicalMom.com)