

ORGAN MEATS & OFFAL REFERENCE

ORGAN TYPE	KEY NUTRIENTS	FLAVOR PROFILE
Liver	Vitamin A, B12, Copper, Iron	Rich, metallic, earthy
Heart	CoQ10, Selenium, Zinc	Lean, beefy, firm texture
Kidney	Selenium, B12, Riboflavin	Strong, distinct, tender
Sweetbreads	Vitamin C, Potassium	Mild, creamy, delicate
Tongue	Fat-soluble vitamins, Zinc	Mild, tender, high fat
Tripe	Calcium, Gelatin, Protein	Neutral, chewy, absorbent
Bone Marrow	Collagen, Glucosamine	Buttery, fatty, umami
Spleen	High Iron, Vitamin C	Soft, similar to liver

Nutritional values are approximate. Consult a professional for dietary guidance.