



Nutritional Information

	Calories (% DV)*	Total Fat (% DV)*	Sat. Fat (% DV)*	Chol. (% DV)*	Sodium (% DV)*	Protein (% DV)*	Carb. (% DV)*
Fresh Beef – Serving Size 4 oz.							
92% Lean Ground Beef	160	9g (14%)	4g (20%)	60mg (21%)	70mg (3%)	21g	0
96% Lean Ground Round	140	4.5g (7%)	2g (10%)	60mg (20%)	85mg (4%)	24g	0
96% Lean Ground Sirloin	140	4.5g (7%)	2g (10%)	60mg (20%)	85mg (4%)	24g	0
Top Round	135	4g (6%)	1.5g (8%)	55mg (18%)	65mg (3%)	25g	0
Eye of Round	135	4g (6%)	1.5g (8%)	50mg (17%)	75mg (3%)	25g	0
Ribeye Steak	175	9g (14%)	9g (14%)	3.5g (18%)	60mg (20%)	24g	0
Strip Steak	150	5g (8%)	2g (10%)	55g (18%)	70mg (3%)	26g	0
Sirloin Steak	145	5g (8%)	2g (10%)	65mg (22%)	70mg (3%)	24g	0
Flank Steak	140	5g (8%)	2g (10%)	55mg (18%)	85mg (4%)	24g	0
Tenderloin Filet	145	5g (8%)	2g (10%)	55mg (18%)	80mg (3%)	25g	0
Fully Cooked Entrees							
Beef Pot Roast Au Jus 3 oz.	110	4g (6%)	1.5g (8%)	45mg (15%)	380mg (16%)	17g	3
Shredded Beef w/ BBQ Sauce 5 oz. (140g)	245	5g (8%)	2g (10%)	65mg (22%)	390mg (16%)	22g	27
Meatloaf with Tomato Sauce 5oz.	230	8g (12%)	3.5g (19%)	60mg (20%)	580mg (24%)	19g	21
Frozen Patties 4 oz. (112g)							
92% Lean Ground Beef	160	9g (14%)	4g (20%)	60mg (21%)	70mg (3%)	21g	0

* (% Daily Value)

American Heart Association (AHA) certified products.