

Roast Beef (Freeze Dried)

Nutrition Facts		
Serving Size About ½ Cup (30g)		
Servings Per Container About 22		
Amount Per Serving		
Calories 140 Calories from Fat 45		
% Daily Value*		
Total Fat	5g	8%
Saturated Fat	2.5g	12%
Trans Fat	0g	
Cholesterol	60mg	20%
Sodium	470mg	20%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	23g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories: 2,000 2,500		
Total Fat	Less than: 65g	80g
Sat Fat	Less than: 20g	25g
Cholesterol	Less than: 300mg	300mg
Sodium	Less than: 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENTS: FREEZE-DREID COOKED BEEF, SALT.