

Roast Beef Cap Off Top Round Roast Beef Medium Rare Sliced

Calories

90

Cholesterol

30
mg

Total Fat

1.5
g

Sodium

290
mg

Protein

14
g

Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 90

Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 290mg 12%

Total Carbohydrate less than 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 14g

Vitamin A 0%

● Vitamin C 0%

Calcium 0%

● Iron 8%

*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: Beef, Water, Salt, Potassium Lactate, Sodium Diacetate, Garlic Powder. Coated With: Salt, Dextrose, Black Pepper, Dehydrated Onion, Dehydrated Garlic, Natural Flavors, Hydrolyzed Corn Protein.