

USDA Choice Point Cut Corned Beef Brisket 35%

Calories

140

Cholesterol

30
mg

Total Fat

12
g

Sodium

400
mg

Protein

7
g

Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 140

Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 400mg 17%

Total Carbohydrate less than 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 7g

Vitamin A 0%

● Vitamin C 0%

Calcium 0%

● Iron 4%

*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: Cured With Up To 35% Of A Solution Of: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Garlic Powder, Extractives Of Spices