

Corned Beef Cap off Top Round 15%

Calories

80

Cholesterol

25
mg

Total Fat

1.5
g

Sodium

400
mg

Protein

12
g

Nutrition Facts

Serving Size 2oz. (56g)
Servings Per Container Varied

Amount Per Serving

Calories 80 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 400mg 17%

Total Carbohydrate less than 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 12g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*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 15% Of A Solution Of: Water, Salt, Sugar, Sodium Phosphate, Potassium Lactate, Sodium Erythorbate, Sodium Nitrite, Sodium Diacetate, Garlic Powder, Extractives Of Spices