

Corned Beef Hash Retail Pack 1#

Calories

240

Cholesterol

45
mg

Total Fat

15
g

Sodium

580
mg

Protein

10
g

Nutrition Facts

Serving Size 4oz. (111g)
Servings Per Container 4

Amount Per Serving

Calories 240 Calories from Fat 135

% Daily Value*

Total Fat 15g 23%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 580mg 24%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 10g

Vitamin A 0%

● Vitamin C 2%

Calcium 2%

● 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: Beef, Water, Rehydrated Potatoes, Salt, Onion, Sugar, Sodium Erythorbate, Sodium Nitrite, Garlic Powder, Extractives of Spices.