USDA Choice Prime Rib of Beef with Natural Juices (Frozen)

Calories Cholesterol Total Fat Sodium Protein

170
40
mg
g
13
mg
g
g

Nutrition Facts Serving Size 2oz. (56g) Servings Per Container Varied			
Amount Per Serving			
Calories 170 Calories from Fat 120			
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat Og			
Cholesterol 40mg			13%
Sodium 250mg			10%
Total Carbohydrate less than 1g 0%			
Dietary Fiber 0g			0%
Sugars 0g			
Protein 11q			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		• Iro	n 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 Cholesterol	Less than Less than	20g 300mg	25g 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			