

# Roast Beef Cap off Top Round

## Rare Half 20%

Calories

80

Cholesterol

25  
mg

Total Fat

1  
g

Sodium

230  
mg

Protein

11  
g

## Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 80

Calories from Fat 10

% Daily Value\*

**Total Fat** 1g 2%

Saturated Fat 0.5g 3%

*Trans Fat* 0g

**Cholesterol** 25mg 8%

**Sodium** 230mg 10%

**Total Carbohydrate** less than 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 11g

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

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Carbohydrate 4

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Protein 4

Ingredients: Enhanced With Up To 20% Of A Solution Of: Water, Salt, Potassium Lactate, Corn Syrup Solids, Sodium Phosphate, Sugar, Sodium Diacetate, Onion And Garlic Powder, Beef Broth, Extractives Of Spices.  
2 / 7 Lb.avg.halves Coated With: Caramel Color