

Roast Beef Eye Round Cap off

Rare 10 %

Calories

80

Cholesterol

25
mg

Total Fat

1.5
g

Sodium

290
mg

Protein

12
g

Nutrition Facts

Serving Size 2 oz. (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 290mg 12%

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: Turkey Breast, Turkey Broth and 2% or less of the following: Salt, Sugar, Carrageenan, Sodium Citrate, Sodium Phosphate, Sodium Diacetate