

Eye Round - Well with Isolated Soy Protein

Calories

60

Cholesterol

15
mg

Total Fat

1.5
g

Sodium

340
mg

Protein

10
g

Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 60

Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 340mg 14%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 1g

Protein 10g

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: Beef, Water, Soy Protein Concentrate, Potassium Lactate, Salt, Dextrose, Sodium Phosphate, Black Pepper, Sodium Diacetate, Autolyzed Yeast Extract, Garlic Powder, Onion Powder. 2 / 7 lb. avg. Roasts Coated With: Salt, Caramel Color, Dextrose, Maltodextrin, Garlic Powder, Onion Powder, Black Pepper