Roast Beef Cap off Top Round Well Done Whole 10%

Calories Cholesterol Total Fat Sodium Protein

80 25 330 12 g

Nutrition Facts Serving Size 2oz. (56g) Servings Per Container Varied				
Amount Per Serving				
Calories 80 Calories from Fat 1				
			% Daily V	alue*
Total Fat	: 1.5g			2%
Saturated Fat 0.5g				3%
Trans Fat Og				
Cholesterol 25mg				8%
Sodium 330mg				14%
				0%
Dietary Fiber 0g				0%
Sugars 0g				
Protein 12g				
Frotein	129			
Vitamin A 0% • Vitamin C 09				
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 Cholesterol	Less than Less than	20g 300mg	25g	
Sodium	Less than	2,400mg	300mg 2,400mg	
Total Carbohydrate		300g	375q	
Dietary Fib	,	25g	30g	
Calories per Fat 9 •	gram: Carbohyd	rate 4 +	Protein 4	-