

# USDA Choice Cap off Top Round Roast Beef Rare Half or Whole

Calories

90

Cholesterol

30  
mg

Total Fat

1.5  
g

Sodium

260  
mg

Protein

13  
g

## Nutrition Facts

Serving Size 2oz. (56g)

Servings Per Container Varied

Amount Per Serving

Calories 90      Calories from Fat 15

% Daily Value\*

**Total Fat** 1.5g      2%

Saturated Fat 0.5g      3%

*Trans Fat* 0g

**Cholesterol** 30mg      10%

**Sodium** 260mg      11%

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

Dietary Fiber 0g      0%

Sugars 0g

**Protein** 13g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 8%

\*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, Salt, Potassium Lactate, Sodium Diacetate, Garlic Powder  
Coated With: Caramel Color