Ground Beef, Extra Lean Bulk

Nutrition Facts

200 servings per container

Serving size **4oz (113g)**

Amount Per Serving

Calories **230**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 10mg	**0%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 23g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 2.5mg	15%
Potassium 310mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND BEEF 95% LEAN MEAT 5% FAT, RAW, BEEF TRIM 50/50

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