

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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