

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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