



SEABOARD FARMS

213412 - Pork Prime Rib 10 Bone In S/O

Prairie Fresh Signature loins are a perfect fit for an at home chef that is looking to be creative in the kitchen. Our loins are ready to be roasted, simmered and sauted with whatever seasonings you desire.



Nutrition Facts

Servings per Container 107
Serving size 4.00OZ (112g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars	
Includes Added Sugar	%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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.

* Benefits

Product of the USA.
Tender and delicious every time.

Ingredients

Basted with up to 16% Solution Of Water, Potassium Chloride, Vinegar, Natural Flavor.

Allergens

Free From:

- crustaceans
- shellfish
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep refrigerated or frozen. Thaw in refrigerator or microwave. Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or discard.

Serving Suggestions

Slice and serve with side dishes like a fresh green salad or roasted vegetables, like Brussel sprouts and mushrooms or squash and peppers.

Prep & Cooking Suggestions

If frozen, thaw completely. Remove from package. Place on a roasting pan. Roast in a preheated 350 degree F oven for 20-30 minutes per pound or until internal temperature reaches 155-160 degrees F. Remove from oven and let the loin stand for several minutes before slicing. For grill: Grill until internal temperature reaches 155-155 degrees F. Turn to prevent burning. Remove from grill and let stand for several minutes before slicing. Grill and oven temperatures vary. Adjust cooking time accordingly.

Product Specifications

Brand	Manufacturer	Product Category
SEABOARD FARMS	SEABOARD FOODS	

MFG #	SPC #	GTIN	Pack	Pack Desc.
655	213412	90736490006552	4	4/8# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
34lb	32lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18in	15.81in	5.5in	0.91ft3	5x8	0DAYS	0°F / 32°F



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Nutrition Analysis - By Measure

Calories	160	Total Fat	9g	Sodium	270mg
Protein	20	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	3g	Iron	0mg
Sugars		Added Sugars		Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	65mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

