



SEABOARD

# 215288 - Pork Rib Spare Medium Frz Dnr

Our spareribs have no pre-seasoning to allow you to season, marinate and rub with your favorite flavors. Prairie Fresh spareribs are wholesome and great-tasting from the Prairie Fresh connected food system.



## Nutrition Facts

Servings per Container 140  
Serving size 4oz (112g)

Amount per serving  
**Calories 290**

	% Daily Value*
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium	<b>%</b>

\* 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  
All Natural  
Minimally processed

### Ingredients

Pork

### 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 ribs into individual servings and serve with potato salad.

### Prep & Cooking Suggestions

Preheat oven to 350 degrees F. Roast ribs uncovered in a shallow pan. Bake for 1 1/2 to 2 hours until tender. Let rest 5 minutes before slicing. Ovens vary. Adjust cooking time accordingly.

### Product Specifications

Brand	Manufacturer	Product Category
SEABOARD	SEABOARD FOODS	

MFG #	SPC #	GTIN	Pack	Pack Desc.
41322	215288	90736490413220	3	1/30# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32.01lb	30.21lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.75in	12.88in	8.44in	1.49ft3	6x7	21DAYS	0°F / 32°F



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### Nutrition Analysis - By Measure

Calories	290	Total Fat	24g	Sodium	65mg
Protein	19	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	9g	Iron	0mg
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

