

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 Fa	acts	
		Servings per Container 140 Serving size 4oz (112g)		
		Amount per serving Calories	290	
		% Daily Value*		
		Total Fat 24g	37%	
		Saturated Fat 9g	45%	
		Trans Fat 0g		
		Cholesterol 50mg	17%	
★ Benefits		Sodium 65mg	3%	
		Total Carbohydrate Og	0%	
Product of the USA All Natural		Dietary Fiber 0g	0%	
Minimally processed		Total Sugars 0g		
2.1		Includes Added Sugar	%	
Ingredients	Allergens	Protein 19g		
		Vitamin D 0mcg	0%	
Pork	Free From:	Calcium 0mg	0%	
	(Second construction) crustaceans (December 2019) shellfish (Second construction) milk (Second construction) peanuts	Iron 0mg	0%	
		Potassium	%	
	🛞 sesame 🛞 soy 💮 tree nuts 🋞 wheat	* 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.		

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

23.75in

12.88in

8.44in

1.49ft3

Brand			Manufacturer				
SEABOARD				SEABOARD FOODS			
MFG #		SPC #	GTIN		Pack	Pack Desc.	
41322		215288	90736	4904132	220	3	1/30# AVG
Gross Weight Net Weigh		ht Cou	Country of Origin		Kosher	Child Nutrition	
32.01lb 30		30.21lb	USA			No	
Shipping Information							
Length Width Height Volume TIxHI Shelf Life Storage Temp From/T							

6x7

21DAYS

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Nutrition Analysis - By Measure

Calories	290	Total Fat	24g	Sodium	65mg
Protein	19	Trans Fats	Og	Calcium	0mg
Total Carbohydrates…	Og	Saturated Fat	9g	Iron	0mg
Sugars	Og	Added Sugars		Potassium	
Dietary Fiber	Og	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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



