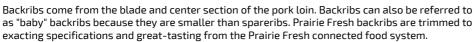


#### **SEABOARD FARMS**

#### 219156 - Pork Back Rib Peeled 2.5 2.75 Fzn S/O







#### \* Benefits

Product of the USA. Great for grilling or smoking. 0 grams of trans fat per serving. USDA approved.

| Ingredients | A Allergens   |
|-------------|---|
| Pork        | Free From:  crustaceans shellfish mollusks eggs fish milk peanuts sessame soy tree nuts wheat |

# **Nutrition Facts**

Servings per Container 124 4oz (112g) Serving size

Amount per serving Calories

300

| Calones               | 300            |
|-----------------------|----------------|
|                       | % Daily Value* |
| Total Fat 25g         | 38%            |
| Saturated Fat 9g      | 45%            |
| Trans Fat 0g          |                |
| Cholesterol 75mg      | 25%            |
| Sodium 70mg           | 3%             |
| Total Carbohydrate 0g | 0%             |
| Dietary Fiber 0g      | 0%             |
| Total Sugars 0g       |                |
| Includes Added Sugar  | %              |
| Protein 19g           |                |
|                       |                |
| Vitamin D 0mcg        | 0%             |
| Calcium 0mg           | 0%             |
| Iron 0mg              | 0%             |
| Potassium             | %              |

<sup>\*</sup> 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

Place ribs in shallow pan. Cover with foil and bake at 300F for 2-2 1/2 hours or until tender. Finish on grill, turning and basting ribs with your favorite barbecue sauce for about 12 minutes. Ovens vary. Adjust cooking time accordingly.

# **Product Specifications**

| Brand          | Manufacturer       |
|----------------|--------------------|
| SEABOARD FARMS | Seaboard Foods LLC |

| MFG # | SPC #  | GTIN           | Pack | Pack Desc.       |
|-------|--------|----------------|------|------------------|
| 88642 | 219156 | 90736490886420 | 12   | 12 / 1 / 2.9 LBR |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 36.98lb      | 34.8lb     | USA               |        | No              |

| Shipping Information |         |        |         |       |            |                      |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length               | Width   | Height | Volume  | TIxHI | Shelf Life | Storage Temp From/To |
| 23.75in              | 12.88in | 8.44in | 1.49ft3 | 6x7   | 203DAYS    | -20°F / 0°F          |





#### **SEABOARD FARMS**

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Backribs come from the blade and center section of the pork loin. Backribs can also be referred to as "baby" backribs because they are smaller than spareribs. Prairie Fresh backribs are trimmed to exacting specifications and great-tasting from the Prairie Fresh connected food system.

### Nutrition Analysis - By Measure

| Calories               | 300 | Total Fat           | 25g  | Sodium         | 70mg |
|------------------------|-----|---------------------|------|----------------|------|
| 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         | 75mg |                |      |
| 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









