JOHN MORRELL

219994 - **Beef Pot Roast*Select Fc S/O**

Great source of protein.

SGC FOODSERVICE

Benefits

Nutrition Facts

Servings per Container

Serving size **3oz. (84g)**

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 520mg	**23%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 1g Added Sugar	**2%**
Protein 14g	
Vitamin D 7.94mcg	**40%**
Calcium 6.3mg	**0%**
Iron 1.2mg	**7%**
Potassium 220mg	**5%**

* 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

Allergens

Free From:

crustaceans, eggs, fish, milk, peanuts, sesame, soy, tree nuts, wheat

Handling Suggestions

Store per package instructions.

Serving Suggestions

Serve per package instructions.

Prep & Cooking Suggestions

Prepare per package instructions.

Product Specifications

Brand	Manufacturer	Product Category
JOHN MORRELL	SMITHFIELD/FARMLAND	Beef

MFG #	SPC #	GTIN	Pack	Pack Desc.
7100670604	219994	90070100670604	2	2/17# AVG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
35.8lb	34lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16.5in	11.1in	9.3in	0.99ft3	9x5	75DAYS	33°F / 39°F

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Nutrition Analysis - By Serving

Calories	130	Total Fat	8g	Sodium	520mg
Protein	14	Trans Fats	0g	Calcium	6.3mg
Total Carbohydrates•••	1g	Saturated Fat	3g	Iron	1.2mg
Sugars	1g	Added Sugars	1g	Potassium	220mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	3.5g	Phosphorus	
Sucrose		Cholesterol	45mg		
Vitamin A(IU)•	0.02	Vitamin D	7.94mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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