



JOHN MORRELL

# 319994 - Beef Pot Roast Select Fc

All Smithfield brands are driven by the love of meat, ours, yours and, of course, your customers. That's why our offerings are so vast; because we all need our pork and specialty prepared meats our way, no one offers more. Smithfield Culinary offers everything you need to build your menu, from innovative culinary insights and ideas that help create head turning menu ideas. Smithfield has set sustainability goals because we believe we can build a more sustainable business and contribute to a better future.



## Nutrition Facts

Servings per Container **90**  
Serving size **3oz. (84g)**

Amount per serving  
**Calories 130**

% Daily Value\*

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

Our expertly hand-trimmed meats that are seasoned and cooked in an authentic pit smoker over natural hardwoods for a rich and smoky flavor. They are hand-trimmed from the finest animals and smoked low-and-slow over real hardwood chips.

### Ingredients

BEEF, WATER, CONTAINS 2% OR LESS OF: SALT, SUGAR, SODIUM PHOSPHATES, NATURAL FLAVORS. COATED WITH: SALT, DEXTROSE, SUGAR, HYDROLYZED CORN PROTEIN, GARLIC POWDER, CARAMEL COLOR, ONION POWDER, NATURAL FLAVORS.

### Allergens

#### Free From:

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

### Handling Suggestions

Store and use per package instructions.

### Serving Suggestions

Serve as Classic Pot Roast, in a hoagie or in Stews/Chili.

### Prep & Cooking Suggestions

Braising: Heat heavy bottom pan and saut any vegetables desired. Add 1 lb. of 1" x 1" cubed pot roast, add water or broth half way up the meat and bring to a boil. Immediately lower to a simmer and add any aromatics. Cover and simmer for 10-12 minutes on the stove top or in a 350F convection oven.

### Product Specifications

Brand	Manufacturer	Product Category
JOHN MORRELL	SMITHFIELD FOODS INC.	Beef

MFG #	SPC #	GTIN	Pack	Pack Desc.
90070100670604	319994	90070100670604	2	2 / 17.08 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
35.81lb	34.16lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.13in	10.88in	9.5in	1.02ft3	9x5	75DAYS	28°F / 32°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(U)	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

