



JOHN MORRELL

319994 - Beef Pot Roast Select Fc

Great source of protein.



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.

* Benefits

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 FOODS INC.	Beef

MFG #	SPC #	GTIN	Pack	Pack Desc.
90070100670604	319994	90070100670604	2	2 / 17.95 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
37.7lb	35.9lb	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

